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Mrs. Usher's

Book for Mothers and
Nurses on the
Management of Children



Introduction by
F. B. Rutter
M.D., F.R.C.S.

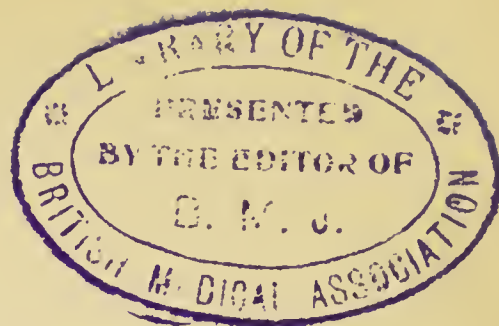
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BOOK FOR MOTHERS
ON THE
MANAGEMENT OF CHILDREN
IN HEALTH AND IN
DISEASE

BY
A. M. USHER

WITH
INTRODUCTION
BY
FRANCIS B. RUTTER, M.D., F.R.C.S.



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INTRODUCTION

THE management of children in health and in disease will ever remain one of the chief responsibilities of parents, and knowledge is hard to gain except in the school of experience. In spite of the many text-books on the subject, there will always, therefore, be room for the wise guidance of a mother of wide experience, especially if the details are dealt with which so much depend on personal choice. Mrs. Usher has had ample opportunity for acquiring experience, not only as the mother of a large family herself, but as the friend and visitor of many mothers both in town and country. The conditions of a village miles away from friends or a medical man call out great resourcefulness in illness, while the added experience of town life helps to keep the knowledge up-to-date.

It is a happy feature of our time that the child is thought of and studied and cared for in a public way as never before, but nothing will replace the detailed care in the home which the parents alone can give, sustained by love and duty. Such care needs to be directed with knowledge, and applied with common-sense. I am delighted to recommend this book, written in homely style, as a useful guide in helping parents to perform their duties faithfully and well.

FRANCIS B. RUTTER.

MERE,
WILTS.



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PREFACE

WHEN I first had a child of my own, I was surprised to find how very much there was to be learnt about the management of children. I had always loved children and babies, and I thought I knew all about them, but I found I had most to learn, and I went through the usual frights that young mothers get, thinking the baby was ill ; and sending seven miles for a doctor at night, because the baby had "wind," and I thought it was having a fit. I read books on managing children, but I could not find the directions I wanted, about simple things, that one is supposed to know. When I had my second child, I had a very clever and experienced trained nurse ; and I questioned her as to the whole treatment of babies, and got her to teach me all she could ; and since then I have always learnt as much as possible about illness and nursing from doctors and nurses ; and now I have determined to write down all that I think absolutely necessary for mothers and nurses of children to know. I have not had experience in my own family of all the things mentioned in this book, but I have learnt the rest from reliable hospital nurses and doctors. All the management and training of healthy children I have learnt by experience, having a family of

twelve boys and girls, from seventeen years to four months old. I have always taken the babies for the night, and washed, and dressed, and nursed them from the month until out of long clothes, and have usually trained nurses for them. Our expenditure for doctors has never reached £15 in a year, which shows what good health we have all been blessed with.

I have often been asked to write a book on the rearing and management of children, but I had no spare time. This year I thought of the plan of writing in pencil while I fed my baby, and sending the manuscript to be type-written, and that is how I have managed it. I only hope this book may be of use to other mothers. It is an amazing thing to me how people study carefully the rearing of any sort of young animal they wish to keep, but are often rather proud of ignorance about babies. I am often reminded of a woman who said, "I have learnt how to manage my baby; I just fill her as full as she'll take and then keep her cool with magnesia."

I should like to add that I am greatly indebted to Dr. Rutter, who has carefully read through this manuscript, and corrected it, adding paragraphs containing valuable medical information.

A. M. U.

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BOOK FOR MOTHERS

ON THE

MANAGEMENT OF CHILDREN IN HEALTH AND IN DISEASE

PART I

CARE OF INFANTS

THE care of a child should begin when a woman first knows that she is going to become a mother; she should at once study the whole question of the bearing and rearing of children, as the care of her own health, the taking regular exercise, avoiding all over-fatigue, and, as far as possible, all shocks and disagreeable sights, and controlling the temper. These things make a great difference to the health and strength of the infant when born.

The writer has herself seen two children who have had limbs broken before birth through the carelessness of the mother, and has known of others with permanently weakened constitutions, through the mother taking medicine of an upsetting kind

Care of In-
fant life.

in the evil desire to get rid of the little one whom she should have wished to protect.

The first thing to do is to engage a really good monthly nurse, and in this matter it is wise not to get the cheapest, but one who is highly recommended, either by a friend who has had her as nurse, or by the doctor (who should first have been engaged for the confinement). The doctor or the nurse will be able to tell when the infant may be expected.

**Clothes for
baby.**

The next thing to do is to prepare the clothes for the little one, and it is often a great pleasure to the mother to make some of the little garments herself. Never grudge warm, soft flannel for the little one. Get $1\frac{1}{2}$ yds. of the softest flannel for the nurse to tear for binders, soft old handkerchiefs of linen to be torn up for the navel, 6 long flannels (which can be embroidered or feather-stitched in silk), 6 nightdresses, 6 monthly gowns, 3 or more robes, 3 petticoats, 4 doz. Turkish squares, and 1 doz. "hushabye" squares or Russian diapers, 6 flannel diapers about 27 in. square, 4 wool vests or jackets, 2 flannel head squares, 1 small soft shawl for use in the house (Indian or Shetland), 1 large Shetland or other shawl, 1 wool hood (rabbit wool and swansdown), 1 large receiving flannel, little wool boots (hand-knitted) 6 pairs or more—a christening cloak and hood or shawl can be got afterwards,—2 flannel aprons for bathing, 2 soft sponges and a flannel, 3 large bath towels, tiny hair brush, puff box and best violet powder, jar of best vaseline, 3 doz. best plated safety pins, needles and cotton. The cot and basket are very

often given as presents, and it is wise to trim up a cheap wicker bassinette for travelling; the baby's bath can be taken off its stand and packed in the cradle, filled with all his clothes, covered with his waterproof cot sheet, and over all a brown holland covering edged with red braid, initials of braid, reeved with tape under, and a strong strap and buckle round. The bath should be oval shaped—the sort on a stand is best—brown outside and white inside, costing about 25s.; the white enamel ones are cheaper but too slippery, I think; poor people manage with a large basin, and, later, an oval zinc wash-tub.

Scales for weighing infants can be purchased for about 7s. 6d. Average weight at birth is 7 lb. The biggest baby I have met with was 17 lb. at birth; the smallest weighed $2\frac{1}{2}$ lb. at birth; both lived. There is generally a loss of weight up to the third day, but this is made up by the end of the week, and there ought to be an increase of 5 or 6 oz. by the end of the second week.

A good average weekly increase is 6 oz., but it will be only 3 to 4 oz. from the sixth to the ninth month and $1\frac{1}{2}$ to 2 oz. from the ninth to the twelfth month. The weight usually doubles itself in six months, and trebles itself in twelve months.

If there is no increase of weight for more than three weeks following, the diet must be attended to. If there is a loss of weight, not due to some clear cause, such as sickness or diarrhœa, there is clear evidence of malnutrition or of disease, but some error in feeding is by far the commonest cause.

**Weighing
infants.**

**Increase
in weight.**

**Loss of
weight.**

A steady increase of weight is sometimes misleading. If a child becomes fat and flabby, there is usually something wrong in the diet, and it often occurs in the early stages of rickets.

The average length of an infant at birth is 19 in., and it increases to 30 in. at twelve months. Growth in length of a baby without increase of weight is always a bad sign.

I have always left off weighing my babies at two months, but that was because they were thoroughly well and healthy.

Washing
baby.

If you have an oval bath, about a gallon of warm water makes a nice depth for bathing; about 92° F. is a fair heat for the water; test it with a bath thermometer or with the back of the hand; be very careful not to let a child be frightened by too hot a bath. It is a great mistake to bring up scalding hot water and then cool it. I have once had a child badly frightened by feeling the water before it was cooled, and another nearly killed by tipping over a can of boiling water which the nurse was bringing for a bath. Rain-water is best, being softest, and Castile soap, being the least irritating, or the Primrose soap will do. Be careful not to get it into the eyes. I never use soap for the face, and, when sponging a baby's face, I always bring the sponge slowly down from the forehead, which gives the child time to shut his eyes, then he doesn't mind how much sponging he gets; use a piece of flannel for the soap, and take care that both sponge and flannel are well squeezed out after use, and put to dry. It is wise to look every week to see what state a nursery sponge and flannel are

kept in. If the nurse lets a sponge get slimy by soaping it, vinegar is the best thing to clean it with. **Clean sponges.** Each child should have his own sponge and flannel. The sponge should not be rubbed on the child, but held a little above and squeezed so that the water runs over, first the head, and then the whole body. The sponge should be used for rubbing the face without soap. Put on a flannel apron, then take the baby on your lap, and soap well, first the head, and then all over ; don't raise him up to soap his back, but turn him over on his side, with his face towards you. When you have soaped the baby on your lap, put your hands in the water to get the soap off them, then put your left arm to support the baby's neck and back, and take hold of his left arm, put your other arm under and hold his left thigh, then put him gently in the bath, still supporting his head and back with the left arm. It is the right thing afterwards to turn him with his chest on your left arm and sponge his back well, but this may be too difficult for you. Lift him out as you put him in, sitting on your right hand and the head and back supported by the left. Take care to soap and sponge well under arms, round the neck and between the legs—when children are older it is very important to soap well between the legs, and tell them to be careful to do it themselves as they get big, it prevents chafing and soreness.

Place a large bath towel on your lap before lifting baby out, and then wrap him well in it ; dry the hair by rubbing very gently with a little bunch of the bath towel ; then take the soft diaper towel **Drying baby.**

and dry the face and ears, being very careful to dry behind the ears, and in the little creases ; the folds of the neck, and legs, and under the arms, should be all dried without rubbing, as the skin in young infants is so very tender. After well drying the front, turn him right over and dry the back, then powder with best violet powder and turn him over again, powder under arms and everywhere. If he is at all sore, use a little best vaseline for a day or two. If the navel is sore, a little powdered alum

Binder. dries it up. While the infant is very young, put a little pad of soft wool on the navel, then take the flannel binder, rolled up ready, hold the bottom corner with your right hand, just at the top of the infant's leg nearest you, then roll the flannel round with your left hand, passing it under the body, and bringing it out next you, not too tight. It ought to go twice round, then sew it up with thin cotton, taking long stitches ; don't put it too tight. Lay the infant on his chest and arrange the vest, diapers and long flannel on his back ; turn him over and fasten them all, first holding a little enamel tin chamber, or china one, against him, as an infant very early learns to use it, but there is no need to set the infant up on it until he is about three months old ; then be very careful to support his back, and put your hands each side, to prevent the rim hurting him. It is easiest to draw on the robe or nightdress from the legs up instead of over the head. One bath a day is enough, and the evening is the best time, about 6 o'clock ; in the morning it is enough to sponge face, neck, and under arms with a sponge damped in hot

**Holding
out.**

water, and when changing the diapers, use a little bowl of warm water and a special sponge, kept, to thoroughly cleanse him, as a young infant very often dirties his napkins. It is well to put a dry napkin on every time before or after feeding the infant, and each time, try if he will use his little chamber.

**Changing
baby.**

The infant should be fed after being washed, not before, as turning him about after feeding is likely to make him sick, and he is likely to sleep after feeding. Babies' nails don't need cutting for about the first three months ; cut toe-nails straight across, finger-nails round.

**Feeding
after
bath.**

Sometimes an infant is sore and chafed when you remove his diapers ; this may be owing to too much washing powder used in washing the diapers, or soap with soda in, and not enough water in rinsing them, or it may be due to not changing the napkins often enough, or not washing him when his bowels have moved ; again, it may be due to the food not agreeing, or to the bottle not being quite clean, or if the mother is feeding the infant herself, she may have been worried or over-tired, or she may have taken food that did not suit the milk. Vinegar should not be taken while nursing, or anything acid, and the mother should be careful to keep in good health by taking regular exercise, plenty of milk and barley-water, stewed fruit sometimes. The mother's feeding makes a great difference to the milk and should be carefully studied. I often tell poor women, that if only they took the milk and biscuits that they stuff young babies with, they would be better able to nurse them, and the

**Causes of
baby's
chafing.**

mother's milk is better than any patent food ever invented.

**Cure for
baby's
chafing.**

This is a very good recipe for curing the chafing, once the cause has been removed. Enough carbonate of soda to cover a threepenny-piece, dissolved in a half teacupful of warm water and given three or four times a day, or put in the bottle (this is if the food has disagreed). Then for outward application. Seat the baby in a basin of warm water, in which a teaspoonful of carbonate of soda has been dissolved, three or four times a day for five minutes at a time, dry, and powder with starch or fuller's earth.

The navel.

For the navel, have ready a whitey-brown thread, five strands 12 in. long, knotted each end, and put two of these ready for the nurse, or doctor, to tie it with, also keep a reel or skein of the thread, in case they like to use it differently. Take a piece of clean old white linen rag, 4 in. long, 3 in. wide, to wrap the string in, like a cut finger, tie with thread, and point it upwards on the child's belly. Over it put the belly-band or flannel binder. The monthly nurse sees to all this, but it is well for mothers to know about it. I myself was very thankful to know about it when I found one of my babies bleeding at the navel, and was able to get the nurse to see to it in time to save its life. The infant suffered for more than a fortnight from loss of blood ; it was not tied tight enough, so bled right through to the front of the little gown.

**Bleeding
navel.**

**Rupture of
navel.**

Rupture.—(1) Rupture of the navel is sometimes caused by pulling the navel string away before it is quite ready to come off ; so it is wise

never to worry the nurse if it is a long time before it comes off naturally. (2) The rupture may be caused by too much crying: some babies' navels are weaker than others. If it seems to project out the best plan is to take three strips of adhesive plaster, about $2\frac{1}{2}$ in. long, and as wide as a shilling or sixpence; wrap one round a shilling or sixpenny piece, according to the size of the navel; lay the smooth part on the navel, and keep it in

**Weak
navel.**

place by the other two pieces ; then put on the

binder as usual, moderately tight. After a few months the rupture is usually cured. When putting on the baby's diaper be careful to put it just comfortably tight round the waist, but don't pull it up tight between the legs, and put the safety-pin across, not pointing upwards. I have seen nurses pull up the point quite tight, and then put the pin upwards, so that when the baby was sitting up it was pressing into his stomach. Also never put pins or needles into the front of your dress when attending to babies. One mother I know of did so, and the open safety-pin dropped down the baby's throat, and made him very ill for days; then their doctor used Röntgen rays, and was able to extract the pin, which was a little way down the throat, and the child recovered after weeks of illness.

**Baby's
diapers.**

Baby's dress should be white cotton, or linen, or muslin; a flannel petticoat all the year round, but in the cold weather a knitted petticoat should be used underneath, and wool sleeves to the vest

**Baby's
short
clothes.**

or petticoat, wool gaiters, or wool gaiters and drawers combined to slip on for going out, and a woollen pelisse or coat in the winter; cotton in the summer. On a cold day I often put a little woollen jacket under the pelisse.

**Airing
baby's
clothes.**

The children's clothes should always be thoroughly aired by the fire before being put away, and aired again if they have been long in a drawer or cupboard. It is of no use to think they will be aired enough at the laundry. An extra change of all clothes should always be ready aired in the drawer for emergencies. The cot pillow also should be aired in the daytime.

Bedding.

No sheets are needed for the cot, as knitted blankets are warmer and more comfortable until the child's first winter is over, and a waterproof sheet should be kept under the bottom blanket to protect the mattress, but be careful to attend to babies in the night, so that they shall not get into the habit of wetting the bed.

**Baby's
bonnet or
cap.**

Many people send their babies out without hoods or caps, and some without wool boots. This is, in my opinion, cruel, as protection from the cold and wet; and from the sun in summer, is necessary; and I think it will be found that deafness and bad sight are increased through this foolish habit of trying to harden infants.

**Baby's
outing.**

It is seldom necessary to keep a child in on account of the wet weather or cold weather, but see that he is suitably clothed, and don't send him out on a damp day if he has a cold; also don't send him on a really soaking day, but fresh air is the best thing for health; and a child should

always go out for an hour or more each morning and afternoon.

The time for "short-coating" a baby depends on his size and strength, and on the time of year ; in the summer nine or ten weeks, and in the winter about three months. Keep on using the flannel binder until about nine months.

Feeding infants.—If the mother is healthy she ought always to feed her own baby. It is only a matter of giving up six or nine months, and it is really far better for the mother's health ; it prevents the long tiring days out, balls and theatres ; but any mother should be willing to give up time and pleasures for the sake of rearing fine healthy sons and daughters. At first for three days the mother has very little milk for the infant, but that is Nature's arrangement, as it takes three days for the stomach to get its power of digestion, and it is the very greatest mistake to let a monthly nurse load it with sugar and water, or milk and water or cornflour, all of which I have seen done with village babies. The strong ones survive, but the weak ones die. It is not necessary to wake a baby for his food unless he is a very weak and delicate one ; a healthy baby always wakes when he needs food. A newborn baby should be allowed to suck the breast as soon as he is washed and dressed, as there is a thick cream there, which is necessary to the child's health. The infant should be put to each breast in turn ; there is usually enough for a meal in one at a time, but sometimes when he is big and strong he likes both. About twenty minutes is the time a baby takes

**Short
coating.**

**Feeding
baby.**

**First 3
days'
food.**

**Method of
nursing.**

over each meal. If the nipples are sore a nipple-shield can be used for a time, and the nipples healed with vaseline on a bit of linen rag.

Times for feeding.

For the first month the baby should have at least one hour and a half between each meal; second month two hours. Gradually increase the time between until there are three hours between

Sleeping baby.

each meal. At night the child will often sleep longer between meals, and it is well to encourage this as the sleep does him good, but don't keep him asleep by means of giving him something to

Soothers for baby.

suck, such as an indiarubber soother; it is much the best to try and do without soothers. They don't really save much crying, and they can do infinite harm if dirty, or if a bit of the ring gets loose it may choke a baby. One I knew got the small bone ring down its throat out in the "pram," but fortunately a village mother got it out just as he was black in the face. If you use soothers keep two, and clean one each night with boracic powder in water, but manage without them if possible.

When the mother is strong enough let her feed her baby; nothing else is so good for him. You will notice when they get a little sick, as they often do when young, just throwing off what is too much for them, that the mother-fed babies never smell sour, but with bottle-fed babies there is always a sour smell when they are sick. Sometimes a mother is not strong enough to nurse her baby entirely, and then it is wise to give it one bottle a day of water, or Robinson's barley-water, milk, and sugar, in proportions according to his age, keeping to the same time each day or night. With

Feeding-bottles.

twins it is well to part-feed both ; or else the mother can feed the most delicate one.

Babies vary very much in the quantity of food they can take at a time, but the following table is used for very many. Give the bottle at regular intervals, not oftener because baby cries :

Age.	Quantity each meal.	Proportions.		Intervals.
		Milk.	Water.	
1st week to end of 1st month	1 oz., increasing gradually to 2 oz. at four days old, increasing gradually to	1	to 3	1½-2 hrs.
1 month	3 oz., increasing gradually to	1	„ 2	2½ hours
2 months	4½ oz., „ „ „	1	„ 2	2½ „
3 „	6 oz., „ „ „	1	„ 1	3 „
4 „	7 oz., „ „ „	2	„ 1	3 „
6 „	8 oz., „ „ „	3	„ 1	3 „
7 „	8 oz., „ „ „	4	„ 1	3 „

Add a small teaspoonful of cream to each bottle after the first month ; a small teaspoonful of sugar to each bottle, either castor or brown sugar. In mixing bottles keep to the same measure or spoon. Medical table-spoonfuls equal ½ oz. If you are using ordinary table silver, find out what quantity your spoons hold ; the common table-spoons hold 1 oz. and dessert-spoons ½ oz. This often leads to mistakes in giving food or medicine.

If milk does not agree, sometimes “ Allenburys ” Food No. 1 will suit a young baby. It is a great mistake to give a baby biscuit food or anything of that sort until he has cut his first tooth. Biscuit, soaked bread, cornflour and other things are often given in the cottages, and that is why the babies look so pale and delicate even in the healthiest country parishes. Then the expensive foods are

Artificial foods.

so prepared, that very often they don't practise the child's digestion enough, being almost ready digested. I have nursed all my babies myself, and with the more hungry ones, and the twins, I have given them as well bottles of plain cow's milk, water and sugar in the right proportions according to the age. The proportions are : First month, $1\frac{1}{2}$ tablespoons milk, $4\frac{1}{2}$ water and one small teaspoonful of sugar ; very gradually increase the quantity of milk until at three months it is 3 of water and 3 of milk, and at last 1 table-spoonful of water to 5 of milk and 1 teaspoonful of cream. The cream, too, has to be started at about $\frac{1}{4}$ teaspoon to each bottle gradually increased, but it is very necessary to remember never to overload a baby's stomach. At first he can only take a very small quantity at a time ; and should never be worried into taking more, but given it at regular intervals. I have known babies upset until they couldn't feed at all through a nurse forcing them to take more than they wanted, hoping to make them fat. One nurse gave extra bottles in the summer time, without telling her mistress, and the baby got diarrhœa and sickness, and had to have doctors and careful nursing ; he very nearly died, but the nurse never thought the extra feeding was the cause, so she only told of it a year after.

Farinaceous food.

When a baby has cut his first teeth, a German rusk can be boiled in milk, put through a gravy strainer, and mixed with one bottle a day ; mixing the bottle in the same proportions as usual, only using some of the milk for soaking the rusk, it can be either given with a spoon, or through the bottle ;

gradually give an extra rusk meal each day until he has three meals of rusk food in the day, and the night bottle, milk and water, given at 10 p.m. Boiled bread in the same proportions is another food that is very good for babies, but I left that off, because of the difficulty of the bread varying so much on different days. The "Allenburys" feeding-bottle is the best, and it is of the utmost importance to keep it clean ; it is best to get three bottles ; keep two in use, and the third ready, in case of breakages. The new bottles should be thoroughly cleaned before using with hot water. As soon as the child has had his bottle, the remains, if any, should be emptied, and the bottle well rinsed with hot water, and then laid in a basin of fresh drinking-water until it is wanted again, the teat and valve with it. Once a day it is well to clean the bottle with soda and water, rinsing it well afterwards. Be careful to keep the basin, for the bottles to be kept in, clean, and the water fresh. The second bottle is wanted at night, as you can't wash the bottle out until the morning. In many cottages and nurseries I have seen bottles laid on the table in the sun, after using, or left in the cradle ; then for the next meal they are hastily washed, or in some cases refilled without ; consequently babies often get sickness, and other ailments, and the doctor is called in, and told that baby can't keep his food down. I have heard lately that native women on the tea plantations have got too lazy to feed their babies, and instead give them bottles, not properly washed, and the babies die by dozens.

**Clean
bottles.**

**Sour
bottles.**

**Preparing
and
mixing
bottles.**

The first thing to remember is that the mother should always nurse her baby herself when possible; if unable to, give him milk and water, or milk and barley-water made according to the directions in the tins of Robinson's patent barley. Be careful to give the bottle, mixed in right

**Warming
the bottle.**

proportions and moderately warm, not hot; I always test it with my little finger. Give no farinaceous food until he is six or seven months old, and only then if he has got his first teeth. Keep the bottle scrupulously clean. If the baby loses weight, consult your medical man and monthly nurse, and when you have chosen how to feed him, follow out your doctor's directions with exactness; it is no use to consult a doctor and then go by someone else's advice.

**Sick
babies.**

All babies cry sometimes, and get pain and wind and get sick, but if they are growing and gaining weight they are all right. Never overfeed a baby: it hurts them more even than under-feeding.

Weaning.

A baby should be weaned at six or nine months, according to the strength of the mother, but after nine months it only does harm to both child and mother if she continues to feed him from the breast; only sometimes, if he is ill at nine months, the weaning may not be finished until ten months; once it has been left for twenty-four hours, don't attempt to let him suck again, as the milk would disagree.

Every mother should feed her infant herself if possible, and even if she is not strong enough to continue for long, it is of the greatest importance

for herself as well as the infant that she should nurse him for the first four weeks.

Sometimes the mother's milk is bad, in which case the child does not thrive, but grows thin and peevish; then he must be weaned.

If the milk disagrees with the infant, causing sickness and diarrhœa, or the passage of undigested curds in the motions, weaning is usually essential, but it is due to feeding too frequently or too long.

Sometimes the infant is thriving but the mother is poorly, and the drain is too much for her. This shows itself chiefly in making her thin and pale, and in causing neuralgia, especially of the back. In such a case consult a doctor.

Weaning, when required on account of the illness of the mother or child, is best done at once, and the best plan then is to have a good nurse to take charge of the child for two or three days.

In other cases it is best to do the weaning very gradually; give the infant one bottle a day when he is a month old, or nearly four weeks, so as to get him used to a bottle, and then give two bottles a day at about four months old, three at six months old, and, lastly, nurse him only at night, and then only once at night. If one bottle a day is not begun early, there is sometimes great difficulty in getting the child to take one at all. The afternoon bottle is generally the best to give first, then the 10.30 bottle.

The weaning should always be done gradually; first one bottle a day, then another, and so on. I always prefer giving up at night last of all; then have a spirit-lamp and little saucepan to heat

**Spirit
lamps.**

the night bottle. It should be ready mixed in a jug, with the feeding-bottle near, on a little table near the bed, matches and all ready. Never blow out a spirit-lamp. I have known three women who got burnt all over the face through blowing out spirit-lamps. Use the extinguisher. Sometimes I have used a specimen glass to put out the lamp, because the foot of it is easy to hold on to without burning one's fingers. It is not a good plan to keep a bottle of milk or food warm, as it often turns sour ; but, if you are obliged to, heat it quite hot, and then wrap the bottle in folds of newspaper or flannel. Brown sugar is best for sweetening a baby's food, unless he is suffering from diarrhœa, when loaf sugar is best, or castor sugar.

**Keeping
bottles
warm.****Vaccina-
tion.**

Vaccination is very important. It protects people from the fearful disease called smallpox, which used to overrun the whole of England. Very few get it fatally after vaccination. It is always wise to be re-vaccinated every seven years, especially if smallpox is in the neighbourhood. The best time for a baby to be vaccinated is about six weeks old. If he is strong and healthy some people get it done at two or three weeks, but very often they won't "take" so young; after three months old the child is likely to feel it more, and rub off the scabs, and also the child's teeth begin to "breed" in the gums at three months, and he does not need the upset of vaccination as well. Fix a time for the doctor to call, soon after six weeks, and have a little bowl of hot water and a clean towel ready for him.

Vaccination is performed with far more care and disinfecting than it used to be, and does not upset the child so much. It is well to tack a fresh bit of lint inside the little sleeve each day, and take care the arm is not rubbed or knocked. After about three days the spots begin to rise like tiny blisters. These enlarge to about the size of a threepenny-bit, more or less, and the arm inflames round; in nine days they begin to turn brown, and after a few days more the brown scab comes off. But if it gets rubbed off too soon another forms in the same place. A little cream or vaseline on the inflamed part round the spots is sometimes soothing, but ask the doctor's leave before you do this, as he might think it better left dry. He always calls to see if the vaccination has taken in a few days. The baby is generally a little upset and crying from the fourth day to the tenth, but that only shows that it is "taking" all right; and it is best to take him out in the fresh air as much as possible, but do not give opening medicine, as the feverishness is natural to vaccination, and goes off of itself.

Care after
vaccina-
tion.

Teething ought to begin at about six or seven months; very often they have their first teeth earlier, and sometimes later, but seven months is usual, and when they wait until about one year old they generally cut them "hard."

Teething.

The first teeth are twenty in number; sixteen are usually cut by two years old and four more by two and a half. The order of teething is usually as follows: first the two lower front teeth, then the two upper front, then the two next upper, then the

Order of
teething.

two next lower (or sometimes one or two double teeth), then the lower grinders, or double teeth, next the upper, then the two last lower single teeth or canine teeth, then the upper to correspond, and, lastly, four more double teeth. At six years old they cut more double teeth, and those four are permanent ones. Very often the teeth are cut in different order.

**Inflamed
gums.**

When the gums are hard and inflamed with teething it sometimes helps to rub on glycerine with the finger very gently ; it softens the gums. A rubber ring to bite at is often a comfort to a teething baby ; the ring should be kept clean. Be very careful not to let the baby suffer from constipation while teething. I will write later about remedies for this.

Diarrhœa.

Diarrhœa is a frequent complaint while teething. Don't give fruit and things which might make it worse, but don't give things to stop it, and don't overload the child's stomach. Slight diarrhœa will do no harm, but if it is bad consult your doctor about it. Take care to keep the child changed and clean, and don't let him think you are cross over the trouble, for quite young babies are frightened by cross words and cross looks ; and I believe many a screaming fit and even sometimes convulsions can be brought on by nurses or mothers losing their tempers with babies, without actively ill-treating them. If you watch babies carefully you will notice that even at a few weeks old they will cry at the sound of a scolding voice.

**Sensitive
babies.**

**Teething
cough.**

Babies often get a bad cough when teething. If they are not suffering from diarrhœa the cough

can be soothed by a few drops of glycerine, with or without a very little warm water (mine always like it without water) or honey, half a teaspoon of either at seven months, or a whole one at one and a half to two years. Take care only to buy the very best glycerine, at a reliable chemist's, as it is very often much adulterated, and then is quite unfit for internal use, but can be used to cure rough hands or anything external. Rub the infant's chest with camphorated oil if he is wheezing. A child very often gets breaking out when teething. **Breaking out.** Be careful about his food, and give magnesia ("Dinneford's magnesia") or a mild dose of senna once or twice a week; and if the breaking out is bad consult a doctor.

A mother should always see that her child's bladder and bowels are working all right. First, that he can pass water freely, and that it does not smell strong; if it does the child is out of sorts. Baby boys should be examined as soon as born by the nurse and doctor; sometimes they have difficulty in passing water, and an operation is then necessary; when it is so, it is far best to have it done as soon as possible, while the monthly nurse is there to see to it. I have frequently known baby boys get ruptured through this being neglected. **Circumcision.**

The motions of a young infant are yellow, and about the consistence of thin gruel, and smell like new-baked bread; if they are green, or slimy or curdled, the food is probably disagreeing. The mother may have eaten something which did not agree, or taken strong medicine, or been worried; **The bowels.**

or else the baby may have a slight cold ; find out the cause and correct it as soon as possible. Each month the motions get a little more solid, especially when more solid food is given. An infant generally passes its motions three or four times a day at first, then once or twice, and after a year old, once a day. He should never be allowed to miss more than a day, when tiny, and never miss a second day, when older. It is most important to see to this, and get regular habits established. And now I am going to write at length on this subject, as I found it terribly worrying before I had gained experience ; a very awkward subject to consult about, and very curious advice I sometimes got. One old woman advised me to give the infant hare's brains, as his food disagreed, and I have since heard that this is often recommended by village old women. It is probably a relic of belief in witches, and in babies being bewitched.

Constipation.

If a little baby has difficulty in passing his motion, and yet is not upset in any other way, then a very small piece of a glycerine suppository, well vaselined over, and inserted in the rectum, will often bring the motion away in a few minutes, or a little ball of primrose or castile soap, vaselined, will do, just the size of a pill. Use the same remedy if he has missed two days and had medicine which has not acted. A small syringe, sold for the purpose, or the sort for the nose, vulcanite and rubber tipped, does for babies, as it can't go in too far, filled with warm water and about a teaspoonful of glycerine will also have the desired effect, but it is a great mistake to make a habit of

using these things regularly. You ought to see that the baby goes naturally every day ; sometimes a teaspoonful of castor oil is necessary, or half a one for a young baby. Always see that this has been quite swallowed before laying a young baby down, as he may be choked by not swallowing it. One died from that cause : the nurse gave him a small teaspoonful at three weeks old, and put him into the bed with his mother ; he just made a little choking sound, and died.

**Remedies
for con-
stipation.**

Dinneford's fluid magnesia is a good aperient for a young baby ; if he has bottles, a teaspoonful can be mixed in the bottle when necessary. Syrup of senna is another medicine you can give to a baby when constipated, quarter of a teaspoonful when very young, half a teaspoonful at seven months, and so on. If a delicate baby is inclined to constipation, a teaspoonful of pure olive oil or salad oil given every morning before breakfast will keep him regular, and is very fattening.

Magnesia

Senna.

Olive oil.

It is always well to watch a child's nature and find out what medicine he likes, as they seem to know what suits them. One hates what another enjoys ; one of mine loved the olive oil, another wouldn't touch that, but liked magnesia, another liked senna best. It is much better to find out what they like, than have a worry over forcing them to take what they don't like, but never let a child think you are ready to give in. It is nonsense to say a child won't take what the doctor orders. Lay the child in your lap, get someone to hold his hands, then hold his nose with your left hand, and put the medicine in his mouth with a spoon ; this

**Dosing
babies.**

is if the medicine is quite necessary, and if the child cannot be persuaded to take it. With an older child, the promise of a sweet or biscuit after the medicine is enough, and this is quite allowable, as even grown-up people like something to take away the taste of the medicine.

Cascara.

When a child is five years old or more, a cascara tabloid at night will do for medicine, and they generally like swallowing one. Burroughs & Wellcome's kind is the best.

**Baby's
first
outing.**

Plenty of fresh air and exercise is good for all children. Baby can be taken out in fine summer weather when three or four days old, but in winter it is better to wait two or three weeks, and to get out at first between twelve and one o'clock, when the air is warmest, and choose a sheltered, sunny walk if possible. After the month, it is well to take him

**Perambu-
lator.**

out regularly twice a day, and if you have a nice, easy bassinette perambulator the baby can be wheeled out in it at a month old. Be careful to put him in comfortably. I always have three little feather cushions with washing covers for the "pram," and two knitted blankets; in the summer a muslin cover; in the winter a waterproof cloth one to match the "pram," and I keep the waterproof one to take out on showery days in summer too. It is wise to keep the hood always on the "pram," and in the summer a canopy as well; the canopy should have a dark green or blue lining, as the glare of the sun through white hurts the baby's eyes. The hood can be shut, except for rain or wind; always shield the infant's eyes from the sun, if he is asleep or awake, but it is not wise to use a veil or hand-

kerchief over his face, as it keeps out the fresh air.

It is well to unfasten a baby sometimes, and let him kick and enjoy himself on your lap, or, when older, on a rug; but always be careful he is not cold or in a draught. One baby got rheumatism and a rash at eight months through being laid on a rug to kick in a draughty room, and it was quite a long time before they could get him well again. A clever monthly nurse guessed what had made him ill. **Rheumatism.**

It is not wise to jump a baby about too much; it very often makes him sick and frightens him; also it is not wise to hold him so that he looks down over the banisters when carrying him downstairs. I remember one of my babies getting stiff with fright as she looked over, and I have always been careful since; never let a very young girl carry a baby up or downstairs. **Carrying babies carefully.**

The window of the room where the child is born should always be open night and day, taking care to screen the mother and infant from any draught, but at the same time keeping the room well aired and fresh; and when the baby is taken out of the warm bed, always put a light shawl round him to prevent his catching cold. If a baby is thoroughly chilled in the first fortnight, he generally gets quite yellow for a few days, and ought not to be taken out of doors until his colour is right again. I always think a baby is better in his mother's bed the first fortnight, as he has no warmth of his own at first; if put in the cot, keep him warm with woolly blankets and a rubber hot-water bottle; **Open windows.** **Warm cot.**

after a fortnight, get him used to the cot or bassinette. When the baby is too big for the trimmed cot, get a crib with wooden bars, not too far apart, and with one side to let down. I bought the usual cot with iron bars, and one night I heard a gurgle, and found my nine months baby had got his head between the bars and could not get it back, after which I lined the crib, but a shopman told me later that a baby had been killed by getting his head between the bars of his crib when the nurse was out of the room.

First crib.

**Bars of
crib or cot.**

**Baby's
night-
dress.**

At first an infant is dressed for the night in nearly the same clothes as for the day—flannel binder, vest, diapers, long flannel and cotton nightdress,—but at about three months it is a good plan, if he is a big baby, to begin putting just a vest (Turkish diaper and flannel one) and a woollen nightdress (white wincey, or twill flannel, or nun's-veiling). Change the diaper once in the night, and, as the baby gets older, hold him out once in the night, and when he wakes in the morning ; then, as he gets able to speak, he will call to you if he wants to be seated. Never delay attending to a baby, never make him sit on the chamber when he has finished, and never get cross when he takes a long time. I have known nurses keep children of a year or two waiting on it quite a long time.

**Sleeping
babies.**

Babies should be allowed to sleep, night and morning, as long as they like. It is nonsense to keep a child awake while out for his morning walk, thinking it will give you a better night. They all need a rest in the morning, but only young babies want to sleep in the afternoon as well. After

about three months they wake in the afternoons, but sleep in the mornings. It is well to get them to sleep two or three hours in the morning, and at least an hour up to three or four years old if they will ; they grow strong and are better tempered with a daily rest. It is not right to give a child medicine to make him sleep, and you should avoid patent cough mixtures, as these very often have something in them to induce sleep. Try to get an infant used to going to sleep without rocking or hushing, and don't let him get used to sleeping in your arms, as it is not so restful.

**Midday
rest.**

It is best to have a "pram." or mailcart in which a child can lie comfortably, and then he can take his morning rest in it, either out for the walk or in the garden, when the "pram." can be placed out of the wind, where the mother or nurse can watch. A good deal of sewing can be done in the summer while the child sleeps. When the weather is unfit for a walk put the child to bed at 11 o'clock, and let him rest until his dinner time. It is often difficult to get him to rest like this when used to being out, so people sometimes prefer to put the child to bed from 12 to 1 every day, or from 10.30 to 11.30.

**Sleeping
out-doors.**

It is a good plan to put a baby to bed at 6 o'clock every evening and dress him at 7.30 every morning ; as he gets older you lengthen his time : 6.30 at four years old, 7 o'clock at eight years old, 8 o'clock at ten years, 9 o'clock at fourteen years, and afterwards 10 o'clock from seventeen years old, unless there is a concert or dance or something. The regular hours of sleep are much needed

**Infants'
bed-time.**

**Bed-time
for
children.**

- Children not to read in bed.** for growth, and no children, or, indeed, anybody, should be encouraged to read in bed ; it is bad for the eyes, dangerous—being a frequent cause of fires—and wasteful, using candles or gas or electric light.
- Frightening children.** Never allow a child to be frightened, especially at night. It is a most cruel thing to tell a young child that a mouse will bite him if he gets out of bed at night, or a black nurse run away with him, or an engine will eat him, and yet I have found my children frightened like this at two and three years old by a nurse whom they loved and who seemed quite kind. Luckily she left and got married in six weeks, but it took years to soothe the nerves of the child of two and a half. And I have known mothers, who loved their children, frighten them with dark cupboards and with threats of a policeman. Now, it is wiser to have a clear understanding with your nurse from the first what punishments are allowed ; tell her first what you will not on any account allow. My rules are :
- Punishing children.** never shake a child, young or old ; never box his ears, as that very often brings on deafness, either at once or later on ; never slap his head ; never frighten him about the dark, and don't tell him frightening stories ; never shut a child in a cupboard, dark or light ; and don't let him do without necessary food—dinner, supper, etc.
- Boxing ears.**
- Slapping babies.** Never slap a child under two years old, unless he is pinching, slapping, or biting a younger brother or sister, in which case a slap on the palm of the hand is necessary, and a scolding.
- Managing little ones.** Between a year and two years old a baby often

tries to pull over jugs or cups, or do other little bits of mischief, and he should be taught to obey ; a little scolding is enough. And if he won't come the way you want him, for a walk or to bed, don't drag a child up by the arm, but pick him up round the waist, and carry him. Little children of one and a half and two years have had their arms dislocated by being roughly pulled. **Obedience.**

After two years putting in the corner is a good punishment, or making him do without jam or sugar for tea, or putting to bed early, or a slap on the palm of the hand ; but, after all, a good conscientious nurse will be able to manage children without many directions. Only a mother should always know all about her children and the way they are managed, and should take the chief responsibility. It is no good to think that when you pay a nurse high wages your duty is done. Make a practice of visiting the nursery every morning, and having the children for half-an-hour every evening, and taking them for walks when convenient, or for drives, without the nurse. **Mother's responsibility.**

The father or mother should be ready to punish a child when he is seriously naughty or disobedient, by giving him a whipping with the hand ; when boys are beyond that, the father may need to cane them sometimes, but this should not be done in a temper. **Punishing older children.**

Be careful to see that a child says his prayers, night and morning, after two and a half years or three years old ; and always pray yourself or help in managing him, and get a good, religious nurse. If you are in India or China, **Importance of good nurse.**

still you ought to try and get a christian nurse ; for a nurse has a very important part to play in the early training of children, even if the mother is doing all she can. Children need to be taught many little nice ways ; and jealousy of each other should not be encouraged or even mentioned in a nursery ; people so often ask a young child if he is jealous of the new baby, not thinking that if a little child gets really jealous he may do anything. I heard of one child in a cottage trying to smother a baby brother, and another setting fire to the cradle. They are often very jealous at first when too young to really understand.

Jealousy.

Newborn baby wheezing. A newborn baby often has mucous in the air-passages which makes him wheeze, but this soon goes off ; also sometimes when he is a few hours or a day or two old he has a little brownish sickness, owing to having swallowed something when being born, and sometimes because he gets a little blood into his mouth, through his mother having sore nipples. If the nipples are sore, it is well to put pure vaseline on them on tiny squares of linen rag each time the child has been fed, or use a nipple-shield for a day or two. They soon get all right, and the vaseline does not hurt the baby.

Newborn baby sick.

Newborn infants. If a newborn baby is costive, a little raw sugar dissolved in a small teaspoonful of warm water will put him right, but if the mother is nursing him, the first milk has the desired effect. If a newborn baby does not make water for twelve hours, the medical man should be informed.

Convulsions. Convulsions are very unusual with a baby under four months if fed by the mother. They are

usually caused by injudicious feeding, or whooping-cough, or teething.

When a child has convulsions, give him ipecacuanha wine, a teaspoonful every five minutes, until he is sick, and a warm bath, 98° F., and when the fit is over, a teaspoonful of castor oil. If you have no ipecacuanha in the house, you can give the warm bath ; and in any case send for the doctor at once.

**Treatment
of con-
vulsions.**

If a child loses the use of one side of his body in the night, it is a form of paralysis, and may be slight or serious. If slight it may be due to teething or worms ; keep him warm, rub the affected side with camphorated oil, but send for the doctor at once. The child needs plenty of nourishing food and fresh air, bathing at night with Tidman's sea-salt in tepid water, and the bowels must be kept regular.

**Infantile
paralysis.**

If a child suffers from headaches, give him good food and tonics and fresh air, and always see that the bowels are regular. If it continues, have the sight tested. Parrish's chemical food is a very good tonic for a child if he has lost colour or appetite ; and in the winter any form of cod-liver oil or virol, unless he is a very fat child.

**Children's
head-
aches.**

It is very necessary to get all children into the habit of visiting the w.c. every morning after breakfast ; but until they are three years old it is well to seat them on a chamber instead, and be very careful that these nursery articles are kept thoroughly clean and uncracked. Many a little child has been lamed through life because of being allowed to use a cracked chamber, which broke

**Regular
habits.**

**Nursery
utensils.**

and cut them. I always get enamelled tin ones for the nursery, and when they get chipped I give them away, and get new ones. They are quite cheap, and can be got at any ironmongers', in all sizes. Some people like the little chairs, but very often children are left sitting on them too long, which is not good for a child. Do not give opening medicine frequently, as it is very irritating to

Wind.

the bowels. If a baby or young child is suffering from "wind," with pain in the bowels, rub the part over the bowels gently, round and round, from right to left, with the warm hand, or give a warm bath, and an aperient if the bowels have not acted. Dill-water is sometimes given young babies who are suffering from wind, but it is best not to give much. It is natural for babies to get "wind," and to frequently throw up a little milk, so keep a clean handkerchief always ready to wipe the little "sicks" away. It is wise to provide half a dozen handkerchiefs for baby's use, as it is not nice for them to have other people's used ones. As a baby gets older he often dribbles a great deal, and needs one or two clean bibs each day.

**Sick
babies.**

Sometimes a child suffers from "gripings"; he cries and kicks, and won't feed, and keeps straining with no result, or else, if he has a motion, it is slimy, or curdled, or in very hard lumps. In either case, a dose or two of Dinneford's magnesia and a warm bath will generally afford relief; or flannels can be wrung out in hot water, and then laid on over the bowels, just as warm as the child can bear them comfortably; wrap him in a warm blanket for half an hour, and he will probably go to sleep.

**Pains and
gripings.**

Afterwards you must find out the cause—probably improper feeding, or else teething, or a chill.

Hiccough can generally be cured by a lump of sugar moistened with hot water; it is often caused by rich food, but violent and persistent hiccoughs need the treatment of a doctor. **Hic-coughs.**

Infantile diarrhœa is a dangerous complaint, and a doctor should be consulted at once if an infant gets this. Naturally a young infant has three or four motions a day, yellow, and with no bad smell. He may sometimes have six to eight motions, and thinner than usual, but this does no harm; but if he gets ten or twelve, or more, green, and with an unpleasant smell, and if he is cross and poorly, and in pain, he is suffering from diarrhœa, and if there is blood and slime with the stool, it is more serious still, and requires skilled nursing and a doctor's advice. If a baby has diarrhœa, give him only boiled milk until he is better; of course the mother's milk is best if she is able to nurse her baby, but sometimes all milk must be stopped and barley-water or egg-water given instead. **Infantile diarrhœa.**

If a baby is sinking, a drop or two of brandy in an egg-spoonful of milk, or warm water, every half hour may help him. After a year old, fifteen drops of brandy in a table-spoonful of milk may help him. I think it better not to enter into the medical treatment of bad diarrhœa, as a doctor should always be called in for these cases; but remember that overfeeding may kill, and starving may cure, a child. **Brandy.** **Starving cure.**

Nettle-rash is an inflammation or eruption of the skin, owing to indigestion, or chills, or getting **Nettle-rash.**

overheated. Some babies are much more liable to it than others. It is not dangerous or contagious. The body is marked with bumps and patches of white or red, which burn and irritate very greatly, and there is slight fever, or sometimes, before the patches show, there is severe fever, vomiting and headache, and you might think the child was developing measles. Give a dose of magnesia, and keep the child warm and out of draughts.

Red-gum. Red-gum is a rash that very young babies get—little pimples all over the skin. Give a mild aperient, and keep the child from cold or draughts.

Stuffy nose. Stuffiness of the nose often disturbs the rest of a baby, but it is easily cured by putting a little vaseline up each nostril with the corner of a handkerchief, and then clearing it out next morning with a little twist of handkerchief, taking care to do it very gently, and not to push the stuff far up. Tallow on the bridge of the nose at night is a good old-fashioned remedy, but one can never get tallow candles now, so lard or vaseline can be used instead.

Inflamed mouth or "thrush." "Thrush," or inflammation of the mouth, is a frequent complaint with young babies, especially if not fed by the mother. The mouth is covered inside with white, round specks, and is sore and red—mouth, and tongue, and gums. Wash the mouth out with warm water, night and morning, using a clean linen rag, wound round the finger, and afterwards burnt—it is well to do this whether he has thrush or not, then with the finger smear on honey or glycerine with a little borax mixed in.

Clean bottles, etc. See that the bottle and everything used for it are

thoroughly clean. If a mother is suckling her baby, she ought always to wash her breasts, night and morning, and keep a nice bit of flannel over them. Cottage babies get thrush very badly, and it may be through neglect of cleanliness in this way, but it is often from overfeeding. Plenty of fresh air is good for this complaint. If the inflammation of the mouth and gums is very bad, get a doctor's advice.

It is a great mistake to leave a baby crying for long, and it is ridiculous to call the cry of a young baby temper. There is always danger of a young baby getting ruptured through crying too long. If you notice a slight lump on the groin, get a doctor to see it, as the baby has probably got ruptured, and will have to wear a belt called a truss. If a baby has earache, he cries pitifully, and rolls his head from side to side. A drop of olive oil, just warm, poured into the ear, is soothing to earache if there is not a discharge from the ear; if there is a discharge, it is wise to let a doctor see the child. A child does not cry usually when dangerously ill, but more when he is recovering from an illness.

If a baby is unable to suck, the doctor should be told, as some babies are tongue-tied, and a slight operation is then necessary.

Birth-marks sometimes appear on a baby's face, a little red or brown mark on the skin. Doctors can remove them if they are not very large, and it is kind to have it done, but a mark on any part of the body, of course, does not matter.

Squinting is very often noticed when small

**Crying
infants.**

Ruptures.

Earache.

**Tongue-
tied.**

**Birth-
marks.**

Squinting.

babies have wind, or are out of sorts, and many people think that if they give a baby or bigger child a sudden shake, or a thump on the back, it is the right thing to stop them squinting; but this should never be done. For a child to squint occasionally is very usual, and as they get stronger they leave off; but if a child has a real squint, he ought to be seen as soon as possible by a good oculist.

Weak eyes.

When a baby has weak eyes, inclined to water, the eyes should be bathed with warm boracic lotion, two or three times a day, very gently. Dip a bit of clean wool or lint in the lotion, and squeeze it over the baby's eye, while his head is laid sideways on your knee, so that the lotion can run off on to a rough towel. A small teaspoonful of boracic powder should be dissolved in a breakfast cup of boiling water, and then cooled before using.

Weak ankles.

Weak ankles are often noticed when a child begins to toddle; one or both ankles are inclined to turn over. Bathe them every morning or evening in tepid water, in which a handful of sea-salt has been dissolved; or if you live near the sea, the sea-water itself is all that is needed. After drying, rub with camphorated oil on the opposite side to the one that turns. They generally turn inwards, and then it is the outer side that needs strengthening with rubbing. Give the child plenty of good strengthening food and regular exercise, but not too much walking, especially up hills. You must remember that with weak ankles the hills are most trying, so don't make a child get out of his "pram"

First walks.

for the hills, but see that he is allowed a little

walk each day on level road when he can toddle without falling.

It is always wise to keep the following list of things in the house, ready for little accidents and illnesses:

**List of
necessary
remedies
to keep in
the house.**

Camphorated oil for colds.

Elliman's embrocation for sprains.

Glycerine, the very purest, from a good chemist, for coughs, for chapped hands, for enemas, etc. 1 lb. bottle is the best to get.

Ipecacuanha wine. This should be kept well sealed in a cool place, and it won't last for years, so get a new bottle occasionally even if it has not been used.

"Pomade divine," a 2s. 6d. pot from a chemist. It is wonderful stuff for bruises, and will cure a black eye.

Boracic vaseline.

Borax powder.

Linseed meal.

1 flask of salad oil.

1 bottle Jeyes' fluid or izal.

1 yd. of boracic lint.

1½ yd. of cotton-wool.

1 reel of adhesive plaster.

½ doz. wide bandages.

½ doz. narrow bandages.

Plenty of soft old linen.

A yard of flannel for fomentations.

A bottle of cascara tabloids.

Dinneford's magnesia.

Castor oil.

Cinnamon tablets for colds—"Langdale's."

Sal volatile.

**Necessary
things,
used in
nursing.**

A good enema apparatus.

A small glycerine syringe.

Feeding cup.

Bed-pan.

Mackintosh sheet (twilled waterproof).

Clinical thermometer.

Bath thermometer.

This looks a long list, but it is all necessary where there are children.

**Poisonous
lotions.**

Keep all poisonous liniments, disinfectants, etc., in a separate small cupboard with a lock and key to it.

Disinfectants.

Jeyes' fluid and izal are good disinfectants to keep in the house. Jeyes' fluid is often needed for washing cuts.

PART II

CHILDHOOD

WHEN a child is over a year old he still needs a daily bath ; and also to have face, hands and **Daily bath.** neck washed in the morning.

You have to wash his hands and face with a little sponge and warm water ; be very careful to keep the sponge clean. When a child is old enough to stand in his bath, you soap him after putting him in ; but you still soap his head first, and as his hair gets thick and long you begin washing the head every other day, and then once a week, then once a fortnight ; and for big children once in three weeks, and as they get older you have a basin of clean warm water, and a big sponge, to rinse the hair with while he sits in his bath ; be careful to get all the soap out. If the head is scurfy after washing, a very little vaseline **Vaseline for head.** should be rubbed in at the roots with the fingers, rubbing upwards from the neck, and being careful not to make the hair too greasy. Never keep a child more than five to ten minutes in his bath, and be quick about drying him. At eight years old a boy ought to be encouraged to soap himself

and wash himself ; but his nurse should be there to see that he does his ears, and neck, properly ; and help him to dry thoroughly. After ten years old he can take his bath alone ; but still you have to see to their ears, and necks, and nails, for some time. The toe-nails should be cut once a week, after the bath ; always cut them straight across, as rounding the corners makes them inclined to grow in. Finger-nails need to be rounded at the corners. Use a nice sharp nail-scissors, and don't cut the nails too close, nor use a hard nail-brush. After a child is three years old teach him to push back the skin of each finger-nail, to show the little white moon.

**Cutting
nails.**

**Teeth
cleaning.**

As soon as a child can use a tooth-brush, he should clean his teeth every evening before going to bed. Plain chalk is quite a good tooth-powder. After seven years old clean them morning and evening. If his teeth are decaying, take him at once to a good dentist ; they say it is wise to have even the first teeth stopped if they begin to decay. The dentist should be visited every six months.

**Wool
clothes.**

Always, summer and winter, dress a child with wool vests next his skin ; give him thinner ones in the summer. When a boy begins knickerbocker suits he should have a loose white cotton lining to be washed each week, and wool combinations instead of a vest for tiny boys ; pants and vests of wool for older boys. For girls, wool vests ; or if they take cold easily, wool combinations. At night time girls should have either a vest, under a cotton nightdress, or a wool nightdress ; and boys should have thin flannel pyjamas after six years

old. Do not use flannelette, instead of flannel; it **Flannelette.** is only cotton, and catches fire more easily than any other stuff. The "non-flam" flannelette is safer than the other kind. Be careful to have **Corns.** well-fitting boots, as corns started in childhood are often a trouble through life. If a child has a corn, put on the toe a woolly corn-plaster, which fits round the corn, and bind it on with a narrow strip of plaster twice round the toe; this removes the pressure, and the corn goes.

For a blister on the foot put on a bit of boracic **Blister on foot.** lint, soaked in hot water and wrung out first, and some boracic ointment; fasten it on with strips of plaster. Carbolised ointment is good for blisters. Keep plenty of socks and stockings, and see that the children always change when their feet are wet. It is wise to get galoshes for the girls to wear in wet weather, and the boys must always have three strong pairs of boots, with good soles. **Strong boots.** And it is very important to keep the boots always well mended, as the feet getting wet cause all sorts of ailments. Bare feet are very nice for the sea **Bare feet.** beach if no broken glass is about, but otherwise shoes and stockings are suitable for the English climate. Ribbed wool stockings do very well summer and winter. When girls are about sixteen they begin to like finer stockings for the summer. It is better to keep the winter clothes **Summer clothes.** until the end of May, first leaving off overcoats and warm hats, but not changing the warm under-clothing until June 1st. Then in September it is well to have warm coats for driving or for cold days, and in October begin all the winter things.

A little woolly jacket is often needed under the starched pelisses in September.

**Food after
first year.**

After a child is a year old you can give him bread-crumbs and gravy or well-mashed potatoes and gravy for lunch, and a little well-cooked sago pudding or custard pudding. At eighteen months old, a little bit of chicken, or mutton, or fish, can be mixed up very finely with his bread and gravy, but if he is very poorly with teething you sometimes have to go back to his food bottles alone for a short time. I will now give a detailed list of meals.

**Feeding
infants
12 to 18
months.**

The feeding of infants from twelve to twenty-four months varies very much according to the nature of the child and the number of teeth he has got. Do not change too quickly from the regular infant feeding to the two-year-old feeding, and be ready to keep chiefly to milk when the child is very poorly over his teeth. If the child wakes in the night and seems fretful, offer him a little milk and a bit of bread-and-butter or a biscuit—not a sugared biscuit, but a good plain kind, or a German rusk. There should still be given an ample amount of milk, one and a half pints a day, but there need not be more than five meals a day. First, at about seven or eight o'clock in the morning, give him a bottle of milk with two table-spoonfuls of water in it and a little sugar. The bottle should contain eight ounces, or, if he has been used to a bottle of food, give the food. In a few months he can have a little milk to drink, and a piece of bread-and-butter, or a couple of biscuits, instead of the bottle.

About 10.30 or 11 o'clock a bottle of milk or food, and as he grows older this can be replaced by a cup of milk and a rusk or biscuit. At one o'clock, dinner will consist of bread-crumbs and gravy, or a well-cooked and crumbled-up potato and gravy ; a lightly boiled egg and bread-crumbs or potato, instead of gravy may be given once or twice a week. Following the gravy or egg, etc., he should have a well-cooked milk pudding.

At 4.30 or 5 o'clock bread-and-butter, or sometimes bread and jam or honey or golden syrup, and a cup of milk to drink.

At bed time the same meal as at 7 a.m., a bottle of milk or food to change later for milk and bread-and-butter, or a small basin of bread and milk.

After eighteen months, if the child is strong and well, you may gradually change his diet very slightly. A lightly boiled egg for breakfast twice a week, porridge if he likes it on the other mornings. For dinner sometimes a very little finely minced chicken or fish with the gravy and potato, or mix the fish with a little milk and potato, but a child should not have meat regularly for dinner until he is two years old.

**Feeding
from 18
to 24
months.**

At two years old he can have porridge for 8 o'clock breakfast, and bread-and-butter, and a little jam ; twice a week a lightly boiled egg for breakfast ; a drink of milk and a biscuit at 11 if he is hungry. Dinner at 1 o'clock, a very small slice of meat, minced up with potato, and any other vegetable, but don't make him eat vegetables he does not like (some children dislike

**Food at
two years
old.**

cabbage and turnips, and they very often disagree), then any sort of milk pudding and stewed fruit or jam or else suet puddings, or in fact any pudding that is not too rich. Pastry very often disagrees with young children, and so do currants. All milk puddings should be thoroughly well cooked, especially rice, as badly cooked rice may even cause convulsions. Tea at 4 o'clock; until four years old, milk is best instead of tea, with a table-spoonful of hot water in it and a lump of sugar, bread and butter or bread and jam or golden syrup, and sometimes cake. Until a child is four years old, he is better without currants or cocoanut, but sultanas suit any child. Beef dripping on hot toast is very good for children if they like it, and very fattening.

Milk. Never skim the nursery milk, for the cream is most important to the children's health. I have known a nurse skim the children's milk to use the cream for her own tea, and they were getting quite thin before it was found out.

**Best milk
necessary.**

Be careful as to the quality of the milk. If possible, go to a good farm where not less than four cows are kept. It is well to get the milk of one cow, for an infant up to five months old, if he is having a bottle, but make certain that the cow is in good condition—not going to have a calf soon, as that makes the milk very poor; and not one that has just calved, as that makes the milk upsetting; but, except for a young infant, the best milk of three or four good cows makes the ideal household supply.

**Tainted
milk.**

Be very careful as to where the milk is kept; it

takes infection quicker than any other food or drink. It is especially dangerous to have milk kept near a scullery sink, or a pantry sink, or in a stuffy room. You ought always to make a point of going out to your larders and kitchens to see that the milk is properly kept in a clean basin. The basin should be covered with butter-cloth or muslin to keep out flies and dust. I have known someone get a long and severe illness through a cook putting the milk in the scullery for the night instead of carrying it to the larder.

It is always well to scald the milk in hot weather to make it keep, and a good many doctors order you to have the milk boiled always, as that diminishes the danger of microbes. Boiled milk does not suit my children, so I just see to getting the best milk and keeping it in a cool, clean larder.

**Scalding
the milk.**

For supper a child should have rusk and milk, up to two years old, at 6 o'clock; and after two years old, a cup of fresh milk, or a cup of cocoa, and as much bread-and-butter as he likes, or a breakfast cup full of bread and milk. Make certain that your children always get supper. I have met with many nurses who try to put a child to bed without supper when he has only had tea at 4 o'clock; they have an idea that they won't have to attend to the child at night if he has gone to bed with nothing to drink first. A child should always be taken out of bed and seated at 10 o'clock, unless this is done with no result several times, when you may conclude the child can sleep the night without, but then he must be seated as soon as he wakes.

**Children's
supper.**

**Care of
child at
night.**

Water. The first thing to be done in choosing a house or lodgings for children is to make sure that there is thoroughly good water for drinking purposes and a plentiful supply for washing.

Drains. Then see that there is a good drainage system, in good working order; defective drain-pipes, or a cesspool too near the house, or drains under the floors, are frequent causes of illness and deaths. The scullery and pantry drains can cause fevers, just as much as the others if they are not trapped and kept thoroughly clean.

Drinking with meals. Children, as they grow older, like milk without water, or more often plain water, in a cup with their meals; give them whichever they like, and see that they are always allowed to drink at meals. I have found some nurses insisting on children waiting to drink until they have finished their dinners, which is really cruel when they are thirsty, but don't let them drink more than half a cupful

Manners at meals. before eating. Always insist on a child biting his food well, and not filling his mouth too full. Good manners at meals are very important, and should be taught from the first. Do not let a child fuss at the table about what he likes or dislikes, but watch carefully yourself and find out what food agrees, and which child can eat big helpings and which can't, then help him accordingly without

Meat. talking about it. Some children can eat any meat, but liver very often disagrees, also pork, and sometimes veal or salt beef; when this is the case a poached egg can be given, if you have not a choice of mince, or chops, or anything of that

Gravy. kind. Always have plenty of good gravy for

children, not made up of sauces and colouring. If a child is bilious, give him bovril instead of meat for dinner until the attack is over. If a bilious attack lasts more than a day, it is very likely a chill on the liver, and you had better get the doctor to see the child. Too much meat often makes a child spotty, but he needs a little every day after two years old, and a good helping always after nine years old. Children should be encouraged to eat all kinds of vegetables if they agree, but they must be well cooked. Carrots, turnips, cabbage and parsnips disagree with some children, and then they ought not to be made to eat them. Don't worry a child to eat more than he wants to; but if his appetite is bad, find out if he has been stuffing with fruit, or sweets, or biscuits between meals, and stop him if he does so; if not, get him a tonic such as "Parrish's food." It is well for children to have middle-day dinner with their father and mother, so as to be taught early to behave nicely downstairs.

**Chill on
the liver.**

**Vege-
tables.**

**Delicate
appetite.**

Tonic.

Choose a light airy nursery, facing south or west, and, if possible, have no one sleeping in the day nursery. The night nursery can either open into the day one or be close by; don't have the bathroom or w.c. close to the nurseries if it can be helped. They ought never to be built next to a bedroom, but with a passage between.

**The
nursery.**

The windows of the day and night nurseries should always be open; two or three inches at the top will do in cold or wet weather. Always throw the windows open wide, top and bottom, before going out for the daily walks. Keep the grate

**Open
windows.**

**Dressing
children.**

registers open always, and have a nice fire in the day nursery in the winter, and let the children be dressed and undressed by the fire. Be quick over the dressing and undressing, and don't leave the children to play together over it ; teach them to be particular about not being seen undressed, except by their nurses and mother, as soon as they get beyond babyhood, and let them soon learn to dress themselves, as it is not kind to bring them up to be helpless.

**Playing
with fire.**

Teach a child as soon as you can not to play with fire, and be very strict about it. I have heard of small boys of different families, rich and poor, setting fire to the baby's cradle in playing ; both babies were burned to death. Never let him get on a chair by the nursery guard to get something off the chimney-piece ; if he falls over the guard he falls right against the fire. I know of two children nearly burnt to death that way, the nurse being down in the kitchen. One of my children burnt his leg through climbing on a chair and falling over the guard. I was close by, and lifted him out in a second, otherwise he might have been burnt to death. A fire-guard is absolutely necessary in every room where there are children.

**Falling
into fire.**

Matches.

Be careful not to leave lucifer matches about, as they are very poisonous. I always get Bryant and May's safety matches. Don't allow children to sit with their backs close to a fire, as it is bad for the liver ; and don't let them get very cold hands and then warm them at the fire as that causes chaps and chilblains, but keep the room comfortably warm always. A fire in the night

**Fire at
night.**

nursery is not necessary after one and a half years old unless a child is delicate or suffering from a severe cold or any illness.

It is not wise to get a child used to a light at night ; still, if he is afraid of the dark, use night-lights. Never laugh at the fears or troubles of childhood ; they are very real to the children, and little children are invariably very sensitive about being laughed at.

Nursery walls should be kept thoroughly clean. **Nursery walls.** Distemper is liked by many better than paper. Every Christmas you can decorate the room with pictures from the Christmas papers ; choose pretty pictures of animals, or soldiers or sailors, hunting scenes ; not just a child or woman in an affected attitude. Have everything as bright and pretty as possible. Encourage the children to play with **Toys.** toys and building bricks, and make them always help to tidy them away after playing, and to try not to break toys.

Linoleum or cork carpet is best and cleanest for the nurseries. **Carpet of nursery.** The sort with an inlaid pattern looks the nicest. It should be swept every day, and the crumbs taken up with dustpan and brush after every meal, and once a week or oftener the floor should be thoroughly washed with soap and flannel and hot water, and then done over with a dry cloth. Beeswax and polishing does not do for a floor used by young children, as they are always running to and fro and may get very nasty falls. Muddy boots should never be allowed **Muddy boots.** in the nursery. If anything is upset over the floor have it at once removed with a damp cloth.

Milk gets very greasy if left to dry, and it looks bad too. Carpets are no good where there are more than two children; they hold the dust; but a nice warm rug can be put in front of the guard, and it must be well shaken every day. The curtains in the nursery should be of washing materials, a pretty chintz or casement cloth; either have them lined with dark green, or else have blinds of dark green or blue, as it is impossible to get the little ones to sleep in the summer with the room quite light, and young children wake very early if the room is light.

**Nursery
curtains.**

**Clothes on
doors.**

Don't allow the nurse or nursemaid to keep clothes hung on the night-nursery door; it makes the room stuffy. Look into the night nursery occasionally to see that it is well aired and nicely kept, no dust under the beds, and the bedroom ware kept thoroughly clean.

**High
chair.**

When buying a high chair for the baby, see that it stands firm; the sort with hinges in the middle to make a table and chair are what I like best, or the ones to turn into a rocker or wheel chair. Never tie a child in with a sash. I heard of one being strangled that way; he slipped through while the nurse had gone downstairs.

**Belt and
reins.**

I always get a broad leather belt made by a saddler, with short straps, to buckle round the waist, six holes to these to alter the size, and two long straps for reins; these also have a buckle and six holes, and they can be used for the high chair, carriage or "pram," and for little children walking out, or for playing horses, and I have three bells like horses wear, fastened on the front. Many

people copy mine, and the saddler's charge is 3s.6d. each.

The beds for the night nursery should have **Beds.** woven wire spring mattresses, and a bed of either hair or best white wool, and, until the children are three years old, there should be a waterproof sheet beneath the under-blanket, which ought to be washed with water and soap if the child has an accident on it, and of course the under-blanket and sheet should be washed too. The mattress **Bedding, etc.** should be turned every day except Sunday. The quilt should be a light one, and extra blankets should be put on in the winter and removed in the summer. I like three for him in winter, two in summer, and one turned back in hot weather, so that the child has only a blanket over him.

Take care always to send a child happy to bed, **Bedtime.** and, if he gets nightmares, find out whether he has had food that disagreed for supper, or whether he has been frightened or overtired. If a child walks in his sleep, don't waken him suddenly, and don't talk of it to him, but take care that he is not frightened or over-excited in the day, soothe him if he wakes up frightened, but don't laugh at him then or next day.

Never allow people to mock at a child, and imitate him when he is in a temper, or to laugh **Laughing at children.** about his being punished. Teach children to speak the truth, and let them know that you will not be nearly so angry about a fault that is confessed as about a fault that they try to hide by lying and deceit. Don't let children get in the habit of telling **Telling tales.** tales about each other or about the servants; it is

**Punishing
children.**

a very bad habit, and does no good. Always be just to your children, and, when punishing, think first whether it was mischief, naughtiness or thoughtlessness which started the ill-doing; sometimes some really aggravating damage is done quite by mistake, and should not be punished at all; the child will be sorry enough to have vexed you and done harm. Never tell a child that he has got his father's or mother's temper, or any other fault, though it may be a guide to you in training them when you see your own early faults repeated in your children. Study your child's nature, and act accordingly; with some children, careful teaching and explaining, go further than scolding.

**Stammer-
ing.**

If a child stammers, it is very often partly through nervousness; don't hurry him or laugh at him for it, but teach him to speak slowly and carefully. Lessons in elocution are very useful to boys and girls when they are leaving school, especially if there is to be reading, speaking or preaching done by them later. If all speakers and preachers learnt the proper way to produce the voice, they could be more easily heard, without half the exertion they use otherwise, and many a "clergyman's throat" would be saved.

Reading.

It is a very good plan to get your children to read interesting stories aloud to you, but don't make them read aloud for more than half an hour at a time. Make them read with expression, and mind the "stops." They enjoy reading, as a rule.

Exercise.

Let your children take as much exercise as they like; and send them out in the fresh air as much as possible. In my opinion, regular walks twice a

day are very good for children, and better than playing in the garden ; but on very hot summer days let them sit in the shade, and be read to. In the holidays, when they are big, it is wise to let them play games and amuse themselves, without the regular walks ; and when they are old enough, tennis is as good exercise as any ; tennis, cricket, or golf, for girls ; tennis, football, cricket or golf for boys. Teach them never to cheat, never to dispute over games, and to take a beating at any game pleasantly, but always try to play their best. To play games properly and thoroughly or not at all should be the rule, and cannot be taught too early in life. **Games.**

On wet days it is a good plan to allow children to have a game of hide-and-seek in the bedrooms, with soft slippers on, so as not to make too much noise ; of course, if anyone in the house is ill, they must be quiet, and then puzzles, and painting, are very good amusements. Always arrange for the children to have something to work at, or play at, all day ; if left to amuse themselves, it often ends in damage to something, or somebody. The little ones can play puss-in-the-corner, blind man's buff, or anything of that sort, with the nursery table pushed back. Let the children have some part of the garden for their own little gardens, and some rough piece, not near drains, or ash-heaps, where they can dig, or swing, or amuse themselves, without being watched ; just go and see occasionally how they are getting on ; see-saws are not very safe contrivances, but most children like a swing. **Games indoors.**

Don't allow sticks in the nursery, or toy swords **Occupations.** **Sticks.**

or pistols or knives. Make the boys each wait for a knife until they go to school. On **Sundays** have the best toys and books out, and the best dolls, and get some really good Bible pictures ; you can buy the pictures at 1s. each, and paste them on unbleached calico, machined round with Turkey twill, then make a case of American leather for them, and they will last a lifetime, and more. The father, or mother, should take the children to church every Sunday morning, as soon as they can keep quiet there—about four or five years old. In the afternoon, or evening, the mother can show the pictures, teach catechism and read a story to the children, the whole taking half an hour or a little more. The rest of the day they can walk, or play, or get nuts, or flowers—anything that does not make work for other people, in fact.

Lessons. A child ought not to be made to do more than an hour's lessons a day until he is six or seven years old. Children who only begin lessons at six years old have just as good a chance of getting on at school as others who have begun quite young ; but just a few easy lessons are generally an interest to young children and do no harm ; at seven years old, they can do two and a half hours in the morning, and at seven and a half, two hours in the afternoon as well ; and one hour's walk before lunch, one hour after.

School. Boys can be started at school, away from home, at the age of eight years, nine years, or ten or eleven years, according to their physical strength, and also a great deal depends on whether you have

someone at home capable of teaching and controlling your boy. In my opinion a boy is better at home until nine or ten years ; and a girl until she is fifteen or sixteen, when you can choose a really good finishing school and let her be there for two years.

Drilling should be a part of a child's daily lessons, and singing too, if possible. Dancing lessons every winter, for boys and girls, are very necessary, not only as a preparation for balls and dances, but to teach them to stand well and move gracefully. It is very good for all boys to learn soldiering at school ; they are all the better for the discipline, and for learning to shoot. **Drilling.**

Every boy and girl should be taught to swim if possible ; it is very useful often and it is good exercise. **Swimming.**

Always have iron bars inside the nursery windows to prevent children falling out. Teach your nurses to have the children on a chair or on their laps while dressing to go out ; they so often seat a young child on the nursery table to put on their boots, and then turn to get the hair-brush, never thinking that if the child falls off the table he may be injured for life. I knew two rich men who had been made hump-backed by falling off tables in infancy. **Bars to windows.** **Injured spine.**

At six or seven years old a child begins to get his second teeth. One after another the first teeth loosen and drop out, or are easily pulled out. If the first teeth are loose and troublesome it is wise to have them pulled out, as they push the next out of place ; they have no roots. **Teeth.** A

child will generally be quite pleased to have the first teeth pulled out if he is promised a penny or so each time. It is very important to keep the first teeth clean and good, as a decayed first one often injures the second which is growing under it.

Illness.

Diseases and illnesses.—It is well for parents to know a little about illnesses and their symptoms, as they will then know when to send for a doctor and what to do until he appears, but it is not wise to try and manage without a doctor; it is better to save in any other way. On the other hand, it is ridiculous to send for the doctor for every little rash, or cold, or pain. It is right to learn to take

**Tempera-
ture.**

temperatures, and to keep a really good clinical thermometer in the house; then you can often find out if an illness is serious or not. It is not wise to study medical books, as very often the result is that you imagine the children have all sorts of diseases, but always learn what you can, from nurses and doctors.

Croup.

Croup is a troublesome complaint, which some children are liable to between the ages of one year and seven years old, especially if they live in a low and damp neighbourhood. First the child has a cough, and seems hot and fretful and hoarse, then his voice gets gruff and he breathes as if through muslin, and the cough sounds like crowing; this happens suddenly at night sometimes. Give a teaspoonful of ipecacuanha wine every five minutes until he is very sick; then place the child for a quarter of an hour in a hot bath, after which wrap him in a blanket, and give him ipecacuanha wine every three hours, and apply a sponge dipped in

hot water to the throat frequently. The doctor should be sent for as soon as the attack begins. The air of the room should be kept moist by a steaming kettle. The cresoline lamp is often a great help in croup.

Child-crowing is rather like croup ; it occurs only during teething, and is very serious, often followed by convulsions. The child suddenly loses his breath and fights for it, making a noise like crowing. Dash cold water in the child's face and slap his back. If the child cannot regain his breath pull the tongue forward, as that opens the windpipe. The doctor should be sent for at once, and the feet and legs should be put in hot water, with two table-spoonfuls of mustard. The child needs plenty of fresh air, and a change to the sea may do good.

Child-crowing.

The symptoms are, first, a shivering fit and a hot dry skin, parched lips and a great thirst, cheeks flushed, dulness and listlessness, loss of appetite, furred tongue, breathing short, panting, and oppressed with a hard dry cough. The doctor should be sent for at once, and the child kept in his bedroom, with the temperature at 60° F. Give him slop food—milk and barley-water, and such things. Linseed meal poultices, every three hours, often give relief.

Inflammation of the lungs.

Bronchitis is a very frequent complaint with young children. A child has a bad cold for a few days, and instead of getting better he becomes fretful and feverish, and his breathing is hurried and oppressed, his cough is hard and dry and loud or wheezing, and he loses his appetite. In

Bronchitis.

bronchitis the mouth is moist, and there are wheezing and a long noisy cough, but it is rather like inflammation of the lungs. Keep the child to his room, with the temperature at 60° F., and a kettle with a long spout, kept on the fire, steaming into the room; but this is only needed in the dry stage, before the cough is moist. I have great faith in the cresoline lamp for all coughs, and I should always have one in the house; otherwise a little carbolic in the bronchitis kettle often helps to give relief. Keep the child covered with a light warm blanket; if he is at the breast, keep him to that alone; if he is weaned, milk and water, barley-water, arrowroot made with milk and water. A teaspoonful of ipecacuanha wine every four hours will loosen the cough. Give a warm bath at night. A linseed meal poultice on the chest often does a great deal of good in bronchitis, but unless it is applied with skill it often does more harm than good. It is wise to call in a doctor at once, and then go by his directions. When the bronchitis has disappeared give light milk puddings and beaten-up egg, and in a few days some chicken, or mutton and mashed-up potato, or bread-crumbs. Don't give patent cough mixtures for bronchitis, as the cough helps to get rid of the phlegm. It is very necessary with young children to teach them to spit out the phlegm, and not to swallow it. With a tiny baby, you have to keep wiping out his mouth when he coughs, otherwise he always swallows the phlegm. (Paper handkerchiefs to burn after, or yards of butter muslin should always be got for coughs, and for

**Cresoline
lamp.**

Poultice.

**Handker-
chiefs.**

any infectious illness, and never let your nurses use their own handkerchiefs for your children. Keep a good supply.) Give mild aperients.

Influenza takes all kinds of forms; it may chiefly **Influenza.** attack the head, or the stomach, or bowels. Nearly all attacks begin with headaches, shivering, and pains in the limbs, but the high temperature tells you if it is real influenza or not. It is wise to send for a doctor, and keep the child in bed, or at any rate in one temperature. Slight influenza only lasts a few days with children, but is very weakening; they need a tonic after. Eucalyptus oil on the hand- **Eucalyp-**kerchief does good in influenza, also in an ordinary **tus.** bad cold in the head, but for a very young baby eucalyptus is very suffocating. You can cure slight influenza by keeping the child to one room for two or three days, with temperature of room about 60° F., and giving light food, no meat, rubbing the chest and behind the ears with camphorated oil, and giving a few drops of glycerine, when the cough is bad. Avoid all draughts.

Pleurisy begins with shivering and a pain in the **Pleurisy.** side when drawing breath, and a slight crackling sound, if you put your ear to the affected side of the patient, as if two rough materials were being rubbed together. Pleurisy may be caused by exposure to cold, or by a fall in which the ribs are injured. The doctor should be sent for, but if you can't get a doctor, put a broad flannel binder round the child comfortably tight, and rub the affected side very gently with camphorated oil, unless the ribs are injured, in which case a diachylum plaster should be put round the body, and the patient should be

propped up in bed, so as to make the breathing easier. Keep the child in bed, in a warm room; feed him on milk and farinaceous food. Pleurisy is a dangerous complaint, and needs the advice of a doctor.

Quinsy. Quinsy is an inflamed sore throat, and the patient feels like choking, and in pain from throat to ear; very often an abscess forms in the tonsil, and after it breaks, the patient feels better. Put the child to bed in a warm room, with a bronchitis kettle on the fire to moisten the air; apply hot fomentations to the throat, or linseed poultices, until the pain goes, then rub on camphorated oil. Give a teaspoonful of ipecacuanha when the attack begins, and magnesia afterwards if an aperient is needed. Take the child for a change to the sea afterwards, as he needs strengthening. Keep him on milk and farinaceous food until the attack has passed off.

**Diph-
theria.**

Diphtheria.—A terrible disease, though now, thanks to antitoxin, it is not so dangerous as it used to be, provided the doctor is called in at once, but no time should be lost. After being poorly and fretful, the patient complains of difficulty in swallowing, and there is a white or grey patch at the back of his throat, and a high temperature. Sometimes there is no pain in the throat, in spite of the white patch, and in others the temperature is nearly normal, but the child seems seriously ill. Isolate the child at once, and send for the doctor; have all extra furniture, carpets, etc., taken away from the room he is to occupy, and have plenty of disinfectant about. Ascertain that the drains are in good order, and

INFECTIOUS DISEASES.

	Incubation period.	Date of the definite illness on which the eruption		Period of quarantine required after the latest exposure to infection.	Period of infection ceases.
		Appears.	Begins to fade.		
Chicken-pox	10 to 16 days	1st day and 3 following days	About 4th	20 days	When every seab has fallen off.
Diphtheria	2 to 10 days	—	—	12 days	In 4 weeks, if no discharges and no albumen, and if bacteriological examination of nose and throat be negative.
German measles (Roetheln)	7 to 18 days or even longer	2nd to 4th	4th to 7th	20 days	In not less than 10 days from appearance of the rash.
Measles	10 to 14 days	4th day. The patient is highly infectious for 2 days before the rash appears	5th to 7th	16 days	In not less than 2 weeks from appearance of the rash.
Mumps	10 to 22 days	—	—	24 days	In not less than 3 weeks, and then only when 1 week has elapsed since subsidence of all swelling.
Ringworm	—	—	—	—	When examination reveals no broken-off diseased hairs.
Scarlet fever	1 to 8 days, usually 3 to 5	2nd	5th	10 days	When desquamation and sore throat and albuminuria disappear, but never in less than 6 weeks.
Smallpox	12 to 14 days	3rd or 4th	9th or 10th	16 days	When every seab has disappeared.
Typhoid fever	7 to 21 days, usually 10 to 14	8th or 9th	21st	23 days	—
Typhus	5 to 14, very variable	5th	14th	14 days	After 4 weeks.
Whooping-cough	7 to 14 days	The characteristic whooping may not appear for 3 weeks, although the patient is infectious before then	—	21 days	In 5 weeks from the commencement, provided all characteristic spasmodic cough and whooping have ceased for at least two weeks.

The above table is in general accord with "A Code of Rules for the Prevention of Infectious and Contagious Diseases in Schools," issued by the Medical Officers of Schools Association.

the milk pure and clean, and kept in a clean place, away from sink and drains. The disease may be got from drains, or milk, or the breath of another child. It is a very contagious disease, and the child and his attendants should be isolated at least four weeks. Do not give aperients in this illness.

Measles. *Measles.*—This complaint begins with a common cold and feverishness, sore throat, headache, drowsiness, and a peculiar loud cough, and high temperature; after three days there is running from the nose and eyes, and the eruption or rash appears, crescent-shaped reddish patches and spots, which appear first about the face and neck, and behind the ears, then on the body and arms, and lastly on the legs. Keep the patient in bed, and send for the doctor. It is very contagious, and often dangerous. The chief danger is the inflammation of the bronchial tubes and lungs; it also affects the eyes, ears and bowels, in some cases. Keep the patient warm, in bed, and give him milk and water, barley-water, bread-and-butter, arrowroot, etc.; give all drinks warm, but not hot. I leave all other directions to the doctor, as I am only writing for mothers, and everyone should call in a doctor for anything serious, and not take the advice of anyone who offers it. Many people laugh at others for taking care about nursing children with measles, but if the disease is neglected at the time, the ill-effects often last through life. The science of medicine and surgery is constantly advancing, so it is not wise to try to manage on the experience of past years without finding out first if a better treatment has been discovered. Contagion in measles lasts for

twenty-one days. Do not give aperients or fruit while the rash is out, and keep the child warm and out of draughts, but see that there is plenty of fresh air in the room.

Scarlet fever.—This is often called scarlatina, if the disease is in a mild form ; but remember a child can take it very severely from the infection of a mild case, and it can be carried in letters, or caught from toys that a sick child has played with years before. You cannot be too careful in disinfecting after scarlet fever, and in keeping children away from the slightest risk of infection.

The symptoms are, first the child is poorly, chilly and sleepy for a day or two, then comes a bright scarlet rash, all over throat and body, and spreading to the limbs. If you look at the tongue you find it is like a strawberry, and there is a high temperature. The rash lasts a few days, and within one to three weeks the skin begins to peel off. This is a very infectious stage, but the disease is infectious from the commencement. Don't give any aperients, but isolate the child and his attendant in a room with no extra furniture or pictures, just a dark blind to the window, call in a doctor at once and follow his directions. Keep plenty of carbolic acid solution about, and a sheet soaked with it should be hung outside the door of the sick room. All linen used by the patient should be put in boiling water into which carbolic acid has been well stirred, two teaspoonfuls to the pint ; they should soak in this for three hours before being washed, and don't let them be washed with other people's things. After scarlet fever, a

**Scarlet
fever.**

**Symptoms
of scarlet
fever.**

child's ears or throat are very likely to be affected for a long time. Great care should be taken not to expose them to draughts. Give a disinfectant bath after the peeling is over.

German measles.

German measles.—The child has a headache and feels ill, and the bowels may be upset, there are the symptoms of an ordinary cold, and swollen glands ; then on the third or fourth day, a mottled rash appears all over the body at once, with enlarged tonsils and strawberry tongue, but there is only slight fever. Call in the doctor at once and be careful about infection.

Chicken-pox.

Chickenpox.—This is not a dangerous complaint, and it is a good thing when children get over it fairly young. The eruption begins to appear in twenty-four hours, little watery pimples all over the head and body, and fresh ones appear for the next three days. The child feels rather cross and poorly. When the pimples are scratched the water escapes out of them, they become inflamed, and then make little pits in healing ; so be very careful not to let the child scratch his face ; this is difficult, as the spots itch a great deal, especially when healing, when each spot forms a scab. Keep the child for three or four days without meat, and give magnesia, or some mild aperient, on the fifth or sixth day. When the little scabs come off, burn them in the fire, and disinfect afterwards, as although it is not a dangerous complaint, people don't want their children to catch it. The child can go out if the weather is nice, but don't let him catch cold, and be careful of his eyes.

Smallpox.

Smallpox.—This disease is like a very severe

case of chickenpox; sometimes very slight smallpox is taken for chickenpox. When it is so slight it is usually because the patient has been protected by vaccination. The first symptoms of smallpox are shivering, depression, headache, pains and feverishness, high temperature. The eruption appears in about three days; the doctor should be called in at once, as it is a very dangerous disease. The pimples in smallpox contain matter very often, and there is a peculiar smell with the disease. Smallpox is very contagious. The patient should be kept to his bed, and disinfectants used freely as in scarlet fever. When smallpox is about, everyone in the neighbourhood should be vaccinated. Vaccination protects against smallpox for seven years.

Whooping-cough.—This is an extremely troublesome complaint and may go on slightly for months, even when the child has not had it very severely. With very young babies it sometimes brings on convulsions, and it is a very trying complaint for grown-up people, but fortunately they don't often take it. The complaint is highly contagious and often runs through a whole village. The first symptoms are a common cold and cough; then attacks of severe coughing begin to come on with very little warning, and after a fortnight the "whoop" is often heard at the end of each fit of coughing, and the child brings up a lot of watery phlegm, and is often sick at the same time, sometimes he is nearly choking instead of being sick, and then a teaspoonful of ipecacuanha wine is a good thing to give. I always give a little pure glycerine

**Whoop-
ing-cough.**

**Cresoline
lamp.**

when the cough is troublesome, or if he does not like glycerine give honey ; keep some glycerine or honey by the child's bed at night. Rub the child well, night and morning, with camphorated oil or Elliman's embrocation ; chest, sides, and back of shoulders. Give plenty of nourishing food, and let the child be out in the fresh air as much as possible, provided there is not rain or fog or a bitter east wind. Have the cresoline lamp burning at night ; this helps the patient more than anything else in my opinion. Don't let anyone scold the child for being sick ; you will sometimes find a nurse does so, because she dislikes the trouble the sickness entails, especially with a baby of about a year old ; you have to be constantly ready with a good square of soft flannelette, or something to protect his clothes, as he is not able to use a little basin, and this means a great deal of washing. For the older children each one should have a bowl of some sort always ready to be sick into, and it should be emptied each time in the "lavatory" and rinsed out. In a mild case the whoop may only occur once or twice, or sometimes not at all ; it is a sound just like drawing in the breath with a loud whoop after coughing, and it is caused by the effort of regaining breath. In a bad case, the child goes black in the face and struggles for breath. Unless whooping-cough is very slight, you ought to call in a doctor, as it may develop into bronchitis or inflammation of the lungs.

**Nose-
bleeding**

Bleeding at the nose is likely to occur with a bad attack of whooping-cough, and then it is wise to get the child to lie down until it stops, and

sponge off the blood with a cold wet sponge, and apply a cold sponge to the bridge of his nose, but if he dislikes this don't struggle with him to have it against his will, as any excitement and passion brings on the cough. A child can cough better sitting up, so, if he is too weak to sit up of himself, always support him in the way he seems to find easiest; sometimes he will like his forehead supported with one hand, while you support the back with the other. With a baby you lean him against you, with your left arm round his back and side, and your right hand supporting his chest, and have a soft towel in your right hand, ready to wipe away the phlegm. They often get dreadfully frightened over the cough, and you must soothe them with kind cheering words, and not let them think you are cross over the trouble they give. Even a very young baby likes a cheerful voice better than a gloomy one. When the child is better a change to the sea is the very best thing. Very often, if whooping-cough begins in the autumn, the child will whoop occasionally until the following May, so it is much better if the cough begins after Christmas. May is the month it usually goes.

**Support-
ing and
helping
during fit
of cough-
ing.**

When a child has a shivering fit, keep him in one room, and if it is a bad shivering fit put him to bed, take his temperature, and if it is above normal send for the doctor, as many serious illnesses begin with a shivering fit. Do not give brandy or wine or an aperient for a shivering fit.

**Shivering
fit.**

Mumps is a contagious complaint, and it is well to call in the doctor, though it is rarely dangerous,

Mumps.

but very painful and weakening. The child seems poorly for a day or two, loses his appetite, and has a rather high temperature, the throat is sore and husky, and a lump rises on the neck below the ear. This increases to a great enlargement of the neck and side of the cheek. The other side usually begins a day or two after. Keep the child in his bed until the temperature is normal, and let him have a milk diet, arrowroot, bread and milk, and light puddings. After a day or two he may be out of bed, but in one room ; later take him out the same as usual, but don't let him go with other children until the swelling has quite disappeared for over a week. A mild aperient may be given, and if the swelling is very painful hot fomentations four or five times a day. A tonic is often necessary after an attack of "mumps."

**St. Vitus'
dance.**

St. Vitus' dance shows itself in involuntary movements of arms and legs and twitching of the muscles, especially the facial muscles. Do not let the child be scolded or excited, give him milk diet, and call in the doctor at once. With proper treatment they usually get over this very trying complaint, but it may last weeks or months.

Boils.

Boils generally come from a child's blood being out of order. Give him an aperient, and see that he does not eat too much meat or sugar. If he is thin, cod-liver oil may do good. If the boils are bad consult a doctor. The best remedy is a bit of antiseptic adhesive plaster, kept by any chemist. A round piece, a little larger than the boil, with a small hole in the middle, should be stuck on with careful pressure all round. If the boil is much

inflamed boracic fomentations give the greatest relief. When the boil breaks be careful to squeeze out all the contents; sprinkle boracic powder over it, and apply a piece of boracic lint with a bandage, or continue the fomentation if already used. Put boracic lint in hot water, and squeeze it quite dry before using, as the dry crystals on it often irritate delicate skins.

Earache.—A baby before he can talk shows **Earache.** when he has earache, by turning his head from side to side and putting his little hand to his head, and screaming. Put warm flannels, as hot as he can bear them, to the back of the ear, and if there is no discharge, pour a drop of warm olive oil into the ear, and keep him from all draughts. With a young baby earache is usually from a cold, which has spread from the nose to the ear. Tell the doctor about it. An older child often cries in the night with earache. This may arise from a cold, and may quickly pass away, but a doctor should always be consulted, as adenoids at the back of the nose and throat are the commonest cause, and will probably require removal. The ear is a very delicate part, and very important, and people are often deaf through earache being neglected in childhood. If earache with discharge continues long send for a specialist. Warm olive oil poured into the ear will relieve the pain, if there is no discharge, and when oil is put in if an earwig or **Earwig in ear.** anything has got into the ear, it comes out at once, and the pain ceases. A servant maid in Monmouthshire slept with an apple by her bed, and in the night had violent earache, which increased

until she was nearly mad. She at last went to the hospital, and when oil was dropped into her ear out crept a big earwig and a family of little ones. A gamekeeper's child had very severe earache, and the oil brought a little flea out of her ear. Hot fomentations behind the ear will also give relief. If the ear has to be syringed, get an experienced person to do it. Sometimes earache comes from a chill, driving through wind and rain, or bathing in a rough sea. Be careful to protect a child's ears well for motoring in cold weather, and to wrap up his legs well.

Stye. Stye on the eyelid is a sort of large pimple which comes to a head and breaks. Bathe with warm boracic lotion. A tonic such as iron is generally required if a child gets styes, and don't give him too much meat.

**Large
bowels.**

If a child has large bowels, don't give him too much opening medicine. Be careful to give him food that suits him; rub the bowels, night and morning, round from the right side to the left, with camphorated oil, and keep a woollen belt round them. The same treatment is good for children getting frequent pains in that part.

If a child has to have opening medicine, the following things are best:

**Opening
medicines.**

A teaspoonful or two of castor oil is always safe after six months old, but very disagreeable.

A teaspoonful or two of fluid magnesia; it can have a little brown sugar in if liked (Dinneford's).

A teaspoonful of syrup of senna (from a chemist).

One cascara tabloid (Burroughs & Welcome's).

The wisest thing is to see that a child has porridge in the morning, an apple or orange or other fruit after breakfast, stewed fruit or jam with his pudding, jam or honey with his tea.

Constipation.

Sometimes, if a child is constipated, a glycerine suppository or an enema may be necessary, but don't use these unless really needed.

A mother should always study the needs of a child, while he is so young that he does not know his ways are being studied. One child needs a lot of fruit and such things; with another you have to be very careful that he does not get too much fruit, or honey, or cream chocolates, for fear of diarrhœa. Some children are inclined to over-eat, and must be checked; others you must be careful to tempt with cream and nice things; but do not let them talk of their likes and dislikes at table, and don't talk of their ways or their health, etc., before them.

Protrusion of the bowel is a trying complaint, which may happen to delicate children, especially if they have been neglected, allowed to get constipated, and then made to sit and strain too long, or else if they have been dosed too freely. If a child screams after passing his motion, look and find out if the lower bowel is protruding; if it is, lay him face down on a bed with a small cushion under his hips, smear your finger with vaseline and press the bowel into place. Afterwards be careful that the child is never allowed to strain for a motion, or to be seated for that purpose more than two or three minutes. Bathe that part with cold water, in which a handful of salt is dissolved, every morning.

Protrusion of the bowel.

Sea-bathing.

Sea-bathing is very good for the children it suits, but it is silly and cruel to make a child bathe in the sea when he is afraid of it, also if you find him very cold and shivering after. Never let a child stay in the sea more than three minutes for his first bathe of the season, and never let him stay in when shivering; dry him quickly, have a bun or piece of cake, or something for him to eat, as soon as he is dressed, and send him for a run.

Paddling.

Paddling in the sea suits some children, but don't let your child stay in too long, especially in a hot sun. More than one child has been killed by paddling too long with the sun beating on his head.

Sick-rooms.

Sick-rooms.—Choose a large airy room if possible, with a good grate; place the bed sideways to the window, not facing it; have a dark blind that can be drawn if the sun is hot. Always empty the bed-pan as soon as it is used, but if the contents are to be kept for the doctor to see, don't keep it in the bedroom. Keep the room well aired and fresh, but not cold and draughty. Have as little furniture in the room as possible. Keep the house quiet, and let everyone in the house know that they must not bang doors or make a noise, for when a child is ill he gets worried by any noise, which he might enjoy when well. Be gentle, and patient, and cheerful with sick children, and with a little sick child it is a very good plan to have a lot of penny toys ready, and promise one for being brave over having a wound dressed or taking medicine; but promise it as a prize, don't offer it as a final persuasion; always be firm over things that must

be done. No plants or flowers should be in a bedroom at night.

Vermin.—If you are staying in lodgings where **Vermin.** there are fleas, it is useful to know that they will always be kept away by the scent of lavender; so sprinkle a little lavender over the cot, or dab a little oil of lavender on the legs and arms and neck of the child; it will keep away gnats and fleas. After a severe illness, such as fever, children sometimes get lice in the head, or they may get them from being near a dirty person travelling. The nits, or eggs, in the hair are like white transparent bits of dust, only they won't brush off; each one has to be pulled off separately. Put camphorated oil on the child's head, and make the nurse comb it through with a small tooth-comb two or three times a day; clean the comb with tissue paper, and burn anything she finds on the comb. Chemists sell ointment which destroys these pests. But be very careful never to engage a dirty nursemaid, and make the head nurse see that the under one keeps her own head clean.

Weak lungs.—If a child very easily takes cold and **Weak lungs.** develops a cough, don't keep him indoors and coddle him, except just while the cough is developing, or if the weather is very bad. On moderately fine days let him be out of doors as much as possible, but not after sunset, and see that he has good strong boots. Give him cod-liver oil or virol in the winter—they generally like Kepler's cod-liver oil—and Parrish's food in the summer; don't let him stand about in the cold, and see that boots and stockings are always changed when wet.

Narrow chests.

Narrow chests generally show weakness, and need of plenty of fresh air and drilling; gymnastics are very good for expanding the chest.

Adenoids.

Adenoids are things children often suffer from. They are growths between the throat and nose which obstruct the breathing, so that the child has to keep his mouth open, and sometimes they make a child chicken-breasted. Consult a doctor about it if you notice your child snoring and keeping his mouth open, or if he has earache, or constant colds in the head, as he may have adenoids which should be removed.

Crooked back.

Shoulders growing out or spine growing crooked should be seen about at once, and a good doctor consulted, as much may be done. The child should be out as much as possible, well nourished, not allowed to sit about, but made to lie as much as possible on a flat board with a horsehair mattress on it—a “reclining board.”

Bow-legs.

Bow-legs are caused by a heavy child walking too soon, and usually the bones are softened by rickets. Let him ride or drive instead of walking for some time, and give him good food and tonics.

Chilblains.

Chilblains.—Before chilblains have broken it is a good plan to harden them by gentle rubbing with methylated spirits, or cut an onion in slices and rub the chilblains with it. If the chilblains are broken spread a bit of boracic lint with boracic ointment and bandage it on to the toe or finger; change it once a day. Be very careful not to let the dye of a glove or stocking get into a broken chilblain; it often causes blood-poisoning, and

that means a great deal of trouble. It is well to bathe broken chilblains occasionally in hot boiled water. Don't let children warm cold hands and feet at the fire if they are inclined to get chilblains, but give them a good rub instead.

Chapped hands and chaps behind the knees are generally caused by not properly drying the hands and legs after washing, and by the east winds. Glycerine rubbed in when the hands are wet after washing prevents chaps, and it is wise to do this before the cracks are very painful. Boracic ointment is also very good for chaps, and does not sting like glycerine. Woolly gloves and gaiters are necessary for children who get chaps and chilblains. **Chapped hands.**

Cracked lips are soon cured with cold cream or boracic ointment. **Cracked lips.**

Worms.—This is a very trying and unpleasant complaint which all children may get, but they are commonest in delicate children. They are always introduced in some way from outside, and are caused sometimes by children biting their nails, chewing grass, eating underdone pork, and also through not eating salt with their food. There are three kinds of worms: tape worms, which live in the bowels; long round-worms, which may live in the stomach or bowels (I have heard of one crawling out of a child's mouth); and the common thread-worm, which lives in the rectum. This last is sometimes caused by the nurse using printed paper when attending to the child, instead of the proper sanitary paper. It is well to give your nurse a roll of sanitary paper to keep in the **Worms.**

Sanitary paper nursery for the babies, and the nails must be kept very clean. When a child has worms he gets thin

Worms. and irritable, dark round the eyes, bad breath, furred tongue, pains in the bowels, appetite varies very much, complexion rather yellow. Never buy patent medicines for worms, but consult a doctor at once : the child's constitution needs building up.

Rickets. Rickets is sometimes brought on by poor feeding, even in the healthiest homes. A nurse will keep a baby too long on patent foods when he needs a different diet, and especially more fat of some sort, but it is usually caused by lack of good food, sunshine, exercise, or cleanliness. The earliest signs are sweating at night, large bowels and offensive motion, and flabbiness. If old enough to walk he often falls, and the ends of the bones begin to get large and the bones of the legs bend. Watch your child well in his first four years, and if he has any weakness of the limbs or chest, or seems flabby, give him more nourishing food. Meat-juice is strengthening, but, in my opinion, it is not good to give it unless the child shows signs of delicacy. Plenty of milk and cream, plenty of fresh air, bathing with Tidman's sea-salt in the water, or with sea-water, change to the sea-side for a few weeks, cod-liver oil, tonics—in fact, do all you can to strengthen rickety children ; for, except in really bad cases, they will grow out of the weakness if properly treated for it.

If a child has a little “breaking out” round the mouth give him an aperient, and keep him on very plain food and very little or no meat for a day or

two ; find out if he has been eating a lot of sweets or sugar.

Roughness on a young baby's head very often comes when two and three months old, especially if the bath water is very hard. Rub a little vaseline or glycerine on at night, and wash off next morning. This improves the hair too.

Cradle-scurf or roughness on head.

Eczema is a complaint of young children when teething, the face and head, or any part of the whole body, get covered with redness and pimples, which gradually turn to breaking out, and look very unpleasant, and irritate a great deal. Eczema is much aggravated and sometimes caused by poor milk and improper feeding, too much meat, etc. Don't try and cure it with ointments and outward remedies, but consult a doctor at once. It is a very tedious complaint, and recurs often until the child is about three years old and has finished teething. Oatmeal put into the water his face and head are washed in is very soothing to the sores ; tonics are needed to improve the blood and strengthen the child.

Eczema.

Shingles.—There is first a pain in the side, then a cluster of little watery pimples appear, sometimes even as big as currants, with a great deal of itching and irritation. Fresh ones appear for two or three days and form a sort of band part way round the body. It is wise to consult a doctor, as “shingles” means a poor condition of health. Zinc ointment on the vesicles and scabs is the best for outward application, and give the child a little magnesia, quinine for a tonic. “Shingles” is not a contagious complaint.

Shingles.

Ring-
worm.

“Ringworm” is a highly contagious complaint ; it can be caught from brushes used by a child who has it, or towels, or anything ; from dogs or cats or cows, or from infected cowsheds. Weakly children are more inclined to it than others, but it always comes from a previous case. It is a most troublesome complaint, and should be carefully avoided. Ringworm on the head is in appearance like an oval or round patch of scurf with the hair fallen off or broken short. On the face or body it is a red, slightly raised circle.

On the head the fungus gets deep down into the root of the hair and treatment is long and tedious. The scurf must be removed before ointment is of any use, and this is easily done by using soft soap and warm water for a few nights. Ointment strong enough to kill the fungus, and which should be ordered by the doctor, is then rubbed thoroughly into the patch. The hair must be kept cut short for half an inch all round the patch. The finger must never first touch the infected part and then be rubbed over the sound skin around. Much patience is needed, and careful treatment for two or three weeks after it is apparently cured. Strengthen the child with cod-liver oil and tonics. It is possible to get a complete cure at once by the use of X rays.

On the face or body it is easily cured by painting with colourless iodine.

Destroy any hats or caps, sponges, or flannels, that have been used by infected children, and never let the same brushes, etc., be used by a healthy child and one with ringworm. Don't wait to

know of a contagious complaint being about, but make it a rule from the first that each child has the following things of his own and never uses anyone else's : Sponge, flannel, towel, tooth-brush, nail-brush, hair-brush, comb, handkerchief, also teach him not to drink from anyone else's cup or glass at meals, or eat off anyone else's plate. If you watch you will be surprised at the way many people expect children to be willing to share these things, and you will often find consumptive people giving children tit-bits from their plates, without ever thinking of the microbes they may be giving. If the children have a hard and fast rule of never sharing plates or food, it prevents all unpleasantness of forbidding it in special cases.

**Separate
sponges,
etc., for
each child.**

Kissing on the mouth is a thing that ought always to be discouraged when grown-up people are kissing babies or children. Little babies very often have their mouths open when they are kissed, and I have often noticed old people kissing right on their open mouths. The wisest thing is to make a rule that babies are only to be kissed on their foreheads, and never by anyone with a cold, as colds are very infectious.

**Kissing
babies.**

"Itch" is a very unpleasant contagious disease "Itch." which may be caught by touching very dirty people who suffer from the complaint. There are signs of scratching, and irritation, and the special sign consists of small pimples with a raised line from them and an opaque speck. The complaint is intensely irritating ; fortunately it is almost unheard of amongst clean people, but if a child did get it, a doctor would have to be consulted at once,

and the child kept from touching others. Natives often have it between their fingers and toes, so if in India do not let the children go amongst the natives or touch dirty things.

Erysipelas.

Erysipelas is a very contagious disease. Inflammation with redness of the skin following sprains or spreading from slight injuries are sometimes spoken of as erysipelas. Such cases are to be dusted with boracic powder, kept from exposure, and a dose of magnesia should be given.

But real erysipelas is a severe infectious fever. The symptoms begin with shivering and a sore throat, depression and headache, there is a high temperature, and there may be sickness and diarrhoea. On the second morning there is swelling and redness where the erysipelas has set in—face, head or chest—it turns a very deep red, and the swelling may even close the eyes ; when you press it the redness goes, and then comes back still angrier looking when the pressure is removed. The redness spreads with a raised edge. Dust the affected part with flour, and keep from the cold, isolate the child at once and send for the doctor. The real erysipelas needs all the disinfectants and precautions used in fevers.

Calling in a doctor.

When you call in a doctor, tell him all the symptoms as carefully, and quickly, as possible, never concealing anything. Respect him and his profession yourself, and teach your servants and children to do the same. Be very careful to choose a doctor whom you feel you can really trust. Never try to save by not calling in a doctor in cases of real illness, but don't call one in for every

trifling upset, and if you are particular about observing all the ordinary rules of health, you will probably find, even with a large family, you need not trouble a doctor very often. If you have a case of serious illness in the family, and want a second opinion, always ask your doctor's leave and advice as to whom to get. Do as much **Nursing.** nursing of your children as you can yourself, whether they are well or sick; don't take it as work you have paid for and so need not help in. Good nursing can never be paid for in money, and a mother's care is always needed. Don't let anyone threaten a child that if he is naughty the doctor will come; some nurses make children dread the doctor through this bad and foolish way of scolding.

Pain is best relieved by applying heat, especially **To relieve pain.** pain which arises from catching chills. Put the child to bed, with a rubber hot-water bag filled with hot water (but not nearly boiling water) laid over the part where the pain is, or with a hot flannel bag filled with hot salt; or, if these remedies do not ease the pain, steep a flannel in boiling water, with a towel under the flannel, its ends hanging over the sides of the basin, take the dry ends of the towel, one in each hand, wring them opposite ways, with the flannel in the middle, until the flannel is nearly dry but steaming hot; lay the flannel, as hot as the back of your hand will bear, on the patient where the pain is, and cover with a piece of waterproof; renew as often as the heat goes off.

If you are ordered to give hot fomentations **Hot fomentations.**

frequently, it is wise to sew up each end of the towel and pass sticks through for wringing out, as then it does not scald your hands. Turpentine in the hot water sometimes helps, but not for a tender skin.

Poultices are very useful for applying heat and moisture, but must only be used over unbroken skin. Wherever there is an open wound, hot fomentations made with boracic lint can be used instead.

**Bread
poultices.**

White bread poultices are very good for an abscess on the gums or for a gathered finger. Scald a small basin, put in some white bread without crust, pour boiling water on it, drain off the hot water, spread the bread an inch thick on a piece of linen, fold it, and apply it to the face or finger, or where needed. Always test all hot applications with the back of the hand.

**Linseed
meal
poultices.**

Linseed meal poultices.—Put a clean saucepan on the fire with a very little water in it; when the water is boiling, stir in a handful of linseed meal, keep stirring, and add alternately linseed meal and boiling water until there is enough for the size of poultice required, just thick enough to spread nicely. Have a piece of brown paper, or of thick linen, on the table the right size for the poultice, spread the meal on it with a clean knife or spatula, turn the edges of the paper or linen over the poultice about half an inch all round, put between hot plates and carry to the patient. Put the meal next the skin, having it as hot as the back of your hand can bear comfortably, cover with jaconette or oil-silk, and keep in place with a piece of flannel or towel. Take great care

**Care after
poulticing.**

that the child does not take cold through the cooling of a poultice, through exposure when changing the poultice, or by not wrapping him up when it is discontinued. The poultice must be renewed every three hours, night or day, as long as it is required at all: when you discontinue it, dry the part well, and put on flannel or cotton-wool in its place; a little salad oil gently applied before the cotton-wool is a very good plan if the place is tender. Instead of poultice, material is now sold by chemists in tins to spread and apply like a poultice, but it only needs changing once in twenty-four hours.

Turpentine on brown paper is a very good thing to use instead of poulticing for anyone who has a bad cold on the chest and cannot stay in bed for it, but don't put enough to blister the skin. The brown paper can be kept on day and night until the cold is cured. **Turpen-
tine.**

Cut fingers can be simply tied with clean old linen or cotton rags, unless the hand is dirty or there is any grit or glass in the cut. Any cut or graze that has any dust, or earth, or anything in it should be at once bathed in water that has boiled, or in hot water with a little Jeyes' or carbolic in it, taking care not to put too much disinfectant in proportion to the water. The proportion for carbolic is a 1 in 20 solution added to an equal part of hot water, or a table-spoonful of liquid carbolic acid well stirred in a pint of water. After bathing, if the graze is sore, spread a little boracic ointment, or lanoline on boracic lint, and bandage or plaster it over the cut or **Cut
fingers.**

graze, but discontinue the ointment as soon as possible and put dry lint; if the lint has stuck to the cut, bathe it off in boiled water. For severe cuts get a doctor.

Bruises. *Bruises.*—When the child gets a blow on the head, “Pomade Divine” is the very best thing to put on. Keep a 2s. 6d. pot of it in the house; it lasts for years, and is wonderful stuff for keeping bruises from turning black and for taking down the swelling; renew often if the blow was a severe one. If you have no “Pomade Divine,” use fresh butter smeared over the bruise, or a bit of brown paper soaked in brandy or whisky.

Stunned. *Stunned by a blow on the head.*—If a child falls on his head and remains unconscious for a few minutes, lay him flat on a sofa or bed, and send for the doctor. He probably has concussion of the brain. As he recovers his senses sickness comes on; loosen his collar and sprinkle water on his face, and don't try to make him talk. He will have to be kept quietly in bed.

Broken arm. *Broken arm or leg.*—When young children under seven years old get an arm or leg bent, through falling, take them to the doctor at once. It is the same thing as a grown-up person breaking an arm or leg, and it has to be “set” as soon as possible, but under seven years old the bones are soft and partly bend, instead of snapping right across.

Injured spine. *Injured spine.*—If a child falls on his head or back, watch carefully to see if he feels any pain after the first few minutes, and if he is in pain send for the doctor, as the spine may be injured.

Medicines and lotions. *Medicines and lotions.*—These should never be

kept together or placed side by side when using. I have heard of more than one baby being poisoned by a teaspoonful of lotion given to it in mistake for its medicine, which stood near. All bottles should be kept properly labelled, and all poisonous medicines or powders should be kept out of reach of the children. All matches, too, should be kept out of reach. If a child has swallowed any poison send at once **Poisons** for the doctor. If it is laudanum or opium give a mustard emetic, one table-spoonful in a small teacup of water, and do all you can to keep the child awake. Do not let him rest one moment, but walk him up and down, slap him, dash cold water in his face, etc., etc. Hartshorn and oil burn the mouth and throat. Use no emetic, but give vinegar and water, lemon juice and water, barley water, thin gruel. Lead lotion poisoning should be corrected by a mustard emetic. Don't give plain water to anyone who has swallowed poison; it only spreads the mischief. Lucifer matches are very poisonous; don't keep them in the house. Bryant and May's matches are the least poisonous.

Deadly nightshade.—All parts of this plant are **Deadly nightshade.** poisonous, so never allow any to grow in your garden, and teach your children never to eat red berries, as some of them are most poisonous.

Belladonna lotion.—If a child swallows any of **Belladonna lotion.** this send at once to a doctor, meantime make the child sick with mustard, and put hot-water bottles to the feet.

Prussic acid.—If a child has swallowed prussic **Prussic acid.** acid, give brandy and dash buckets of cold water over him, or dip him into a pond. One man com-

mitting suicide drank prussic acid and jumped into a river; the cold water counteracted the small dose he had had, and his life was saved.

Celluloid. Celluloid is a most highly inflammable and dangerous substance. Don't get anything made of it, especially combs. I know someone whose comb caught fire, simply through being too near the warm fire; it melted on her head, and she would have been killed, but she had the presence of mind to throw her stuff skirt over her head, which put out the flames.

Burns. *Fire.*—If a child's clothes catch fire, lay him down with the flame uppermost, and throw the rug or stuff tablecloth or something woolly over him. If he is laid with the flame under, it burns more. Carron oil should be kept in the house to put on burns; it is made of equal parts of lime-water and linseed oil. Salad oil or sweet oil is quite good for scalds or burns, and so is flour to keep out the cold. Flannelette is very dangerous for children's clothes, or nightdresses, as it takes fire very easily, and has caused many deaths; but if you use flannelette get the "non-flam" kind.

Scalds. In cases of scalds or burns on the body cut the clothes or shoes and stockings to take them off, unless they are quite loose, as dragging them off breaks the child's skin, and makes matters worse. Always have plenty of old linen to soak in oil and put over the scalds or burns, and cotton-wool to put over the linen. Get a doctor at once if the burn or scald is a bad one. If a large surface of the body is scalded or burnt the child is likely to die from shock. Be very careful to soothe him,

and not let him be excited or worried ; keep up his strength well.

Quick-lime in the eye should at once be removed **Quick-lime in eye.** by the corner of a handkerchief or a good new camel's-hair paint-brush, and the eye bathed with vinegar and water—one part vinegar and three parts water—for a quarter of an hour ; then bathe for a quarter of an hour with a little plain warm water ; then drop one or two drops of sweet-oil into the eye, and bandage over with thick linen rag. Call in a doctor for fear of inflammation of the eye.

Flies often get into the eye, or dust, or train **Fly in eye.** smuts. If you cannot see the dust in the eye, rub the eyelid gently towards the nose, but first raise the eyelid gently with the finger and thumb of your left hand, and pass the corner of a clean handkerchief very gently between the eyelid and the eye, towards the nose, until you get the fly into the corner, so that it can be removed easily, or on to the point of the handkerchief. Bathe the eye with warm water. For a splinter of steel or iron in the eye use sweet-oil. Blacksmiths often have children watching too near the forge and one may get a splinter of iron in the eye.

Choking.—Sometimes a little child gets a bit **Choking.** of crust or the bone ring of a soother, or something stuck in his throat, and begins turning purple, and choking. Lay him on his stomach on your lap, with his head hanging down, and put your finger into his throat behind it, and hook it out. Slap his back, or tickle the back of his throat with a soapy finger to make him sick if nothing can be

felt, or turn upside down, lifting by the legs, and give a shake.

Crusts for babies.

Crusts.—When you begin giving babies crusts to gnaw, take care that they are not cut so that big bits break off. Take a cottage loaf, and cut a round piece off the side of the top, about three inches in diameter ; trim the edges, and put it into the child's hand. It will amuse him a long time, and help him to get his teeth through. Don't let him crawl about with the crust and get it dirty.

Coin swallowed.

Swallowing a coin.—If a child swallows a copper coin consult a doctor, as copper is poisonous ; if a silver coin, give a dose of castor oil, and the coin will probably appear in the motion. Do the same if he has swallowed a little smooth stone or anything not sharp or dangerous.

Stone swallowed.

Pins swallowed.

Swallowing pins or glass.—Be careful not to give castor oil or any other purgative. If a child has swallowed a pin or piece of glass or anything sharp send for a doctor, as they can now use Röntgen rays, and find where anything has lodged. Give solid food, such as stiff arrowroot or porridge, not meat, until the irritation has ceased.

Cherry-stone in nose.

Cherry-stone, or something of that sort, stuck up a child's nose or in its ear.—If a child has in playing lodged something in his nose or ear, take him at once to a doctor, as they have instruments for removing this sort of thing, and nothing else will do it without injuring.

Send written message for doctor.

Sending for a doctor.—Always write your message if possible and tell what you are sending about, as he will then know in many cases what

to bring with him, and so save time and perhaps save life.

After a patient has recovered from infectious illness, a carbolic bath is often ordered ; be careful to dissolve the carbolic in hot water (one in twenty), and mix in the bath thoroughly, or it may settle at the bottom of the bath, and burn the child badly.

PART III

YOUTH

BOYS AND GIRLS FROM TEN YEARS TO TWENTY.

Youth. WHEN children have reached the age of ten, it is of great importance to begin teaching them to take care of their own health ; there are so many things that they ought to learn, to remember for themselves.

Ablutions. *Ablutions.* — Teach them always to wash thoroughly every morning and evening, and to clean their teeth thoroughly ; teach them to strip to the waist for washing if they are not taking a bath, and to wash with hot water, especially under the arms. Unless there is a reason for not taking a bath, cold baths every morning are very nice, but these cannot always be had at schools. If daily cold baths are used, let them have hot baths one evening each week as well ; if no daily baths, make them take hot baths on two evenings a week. A good rule is to wash with hot water every evening and with cold every morning, and take a hot bath after football or any other violent exercise. The head should be thoroughly washed

once a fortnight ; or for girls with long hair once a month. The best way is to use soft water and good soap or shampoo powder.

Hair should be thoroughly brushed and combed **Hair.** each night and morning ; it should be brushed and the hands washed for every meal. Tell them to brush at least ten times each side, and twenty at the back of the head night and morning. Hair oil is only necessary for some heads ; most are better without.

Sweets.—Try to teach your boys and girls not **Sweets.** to spend too much on sweets ; they are bad for teeth and disordering to the stomach, if taken in quantities. Teach the children to save up their own money for presents, and for anything they want.

Greediness should be checked early, and if there **Greediness.** are any meats or puddings that really disagree with your boys and girls, teach them to avoid eating them, but not to talk of it or of what they like and dislike. One good meat meal a day is quite enough, and water or lemonade or ginger beer with it ; plain pudding, fruit, or anything after the meat. Eggs or fish or something light for breakfast and supper ; cheese makes a good supper for a boy sometimes.

Exercise.—Plenty of out-door exercise every **Exercise.** day, at the least an hour's quick walk each morning and afternoon. Don't let any boy or girl lounge over a novel in the mornings, or read in bed.

Smoking.—Boys should be advised not to begin **Smoking.** smoking regularly until the age of nineteen, and then not to smoke too many cigarettes. Girls ought not to smoke at all.

Bicycling. *Bicycling.*—This is not a kind of exercise calculated to do any good to boys or girls, but it is useful as a means of getting to places quickly, and I should allow children to learn at nine or ten years old if they are strong and healthy, but they should not be allowed to go too far, or to ride fast up hills, or down very steep ones. Five miles each way ought to be the farthest ride for children.

Riding. Riding on ponies or horses should always be taught as early as possible, and is one of the best

Games. forms of exercise. Boys and girls should be encouraged to play all kinds of out-door games, only girls are better, in my opinion, without hockey or football.

Gymnas-
tics. Gymnastics, dancing, drilling, badminton, golf and skating are all very good exercise for the winter, football and hockey for boys. Boys should be encouraged to join the school cadet corps, and learn how to shoot straight, and boys and girls should all learn to swim.

Corporal
punish-
ment. *Corporal punishment.*—People are often in these days afraid to allow their boys to be caned or flogged, especially those who send their children to the elementary schools. You will sometimes find they will use the foulest language to their children and knock them about, and yet complain if the schoolmaster canes them. Now Solomon's advice still holds good, and boys should certainly be caned for wilful disobedience to parents or schoolmaster, and flogged if they are guilty of bullying or really bad behaviour. Girls after ten years old can be managed better by correction and scolding, but little girls may be slapped, if

very naughty. With both boys and girls it ought to be a rule not to punish them because you feel angry, but just according to the nature of the offence. A mistake or accident should not be treated as a bad fault, and all nagging should be avoided ; once a fault has been punished, leave the matter alone.

Open windows.—Boys and girls should be taught always to have their bedroom windows open at night ; just an inch or two is enough in the winter. Windows open and doors shut should be taught from the first ; but don't have the head of the bed near to the open window, or in any draught. The bedroom chimney should be open always, as it helps to air the room. **Open windows.**

Bedclothes.—Boys and girls should throw back the sheets and blankets in the morning to air the bed ; and not keep their own clothes on the bed or about the room. The quilt should not be a heavy cotton one, or an unventilated eider-down. **Bedclothes.**

Sleeping arrangements.—It is a good thing if each boy can have a room to himself, and if this cannot be managed, at least give each a separate bed ; girls also should each have separate beds where it is possible ; and anyone who is consumptive should not be allowed to share anyone else's room or have a room opening into another person's bedroom. Cut flowers should never be kept in bedrooms at night, as they use the good air ; growing plants, though not so harmful, should not be kept in bedrooms. Primulas are not good plants for the house ; the other name for primulas is eczema plants. **Plants and flowers in bedrooms.**

Bed-time. Always insist on growing boys and girls going to bed not later than nine o'clock, and getting up not later than 7.30 a.m.

Consumption. *Consumption.*—If there has been any tendency to consumption in the families of either parent, the children should be carefully guarded against developing the disease. Adhere rigidly to the ordinary rules of health and diet, especially plenty of fresh air, but try and avoid sending them out much after sunset. Avoid stuffy rooms and over-rich diet ; give plenty of milk, butter, and ordinary plain good food ; and cod-liver oil every winter ; let them have plenty of exercise, but, if possible, arrange for them to rest for half an hour after lunch or before, lying flat on their backs ; this is especially needful if they show signs of delicacy.

Stooping or crooked. *Stooping or growing crooked.*—Delicate girls are often inclined to stoop. They should have plenty of drilling and dancing lessons, plenty of walks in the fresh air, and when indoors they should be made to lie on reclining boards, and not encouraged to sit up to read or to lounge on chairs, but always to lie on a hard mattress or reclining board for resting. They should sleep on their backs on a hard mattress and bed without springs.

Spitting blood. *Spitting blood.*—If any boy or girl is inclined to spit blood, the doctor should be at once informed, as it is a dangerous symptom, and shows that careful treatment is needed to prevent consumption.

Bleeding at the nose. *Bleeding at the nose.*—Often an attack of nose-bleeding is a relief, and should not be checked, but if it is violent, bathe the nose and forehead with cold water, and let the patient lean his head back

not forwards, as leaning forward brings the blood to the head. If the nose-bleeding is very violent send for the doctor.

Fainting.—If a girl faints, lay her on the floor, **Fainting.** with her head, if anything, lower than her body, and dash a little cold water in her face ; give her a teaspoonful of sal volatile in a wineglass of water ; let her sniff smelling-salts, and see that her stays are not tight. Find out if the fainting is due to constipation, or indigestion, or at a “period,” or if it is owing to weakness of the constitution. If the cause is constipation give a good dose of seidlitz powder, or magnesia, or castor oil. If it is the monthly period, let her lie down on the bed or sofa, for an hour or two, and take care that she does not walk too far, or get over tired or chilled at these times. If the faintness comes on again get the doctor.

Constipation.—Young people should be taught **Constipation.** to visit the “lavatory ” every morning after breakfast. If they go with no result one day or two days, they must ask for a dose of magnesia, senna, or cascara, and afterwards be careful to take regular exercise, and eat fruit in the morning ; an apple before breakfast is very good for children inclined to constipation. Young people are naturally and rightly shy of talking of these things, but if they are going from home, and in any case as they grow older, their mothers, or whoever is in charge, should give them a few necessary directions about health. I have heard of both boys and girls, of about fifteen years, getting quite ill through missing “the use of the bowels ” for three, and even six

Diarrhœa.

days, so they ought to be told that going regularly every morning is most important. Study each of your children's bodily needs in their young days, and as they grow older give them a few simple directions. Some may be inclined to diarrhœa if upset, and these should avoid taking too much fruit or honey, especially plums, and unripe or over-ripe fruit, and be careful not to get damp feet. Others inclined to constipation should be told to eat plenty of fruit in the mornings, porridge for breakfast, and marmalade or treacle, or anything of that sort. Take a dose of opening medicine, if they get headaches and miss the regular visit for a day or two.

Girls growing up.—When a girl is about twelve years old it is well for her mother to tell her not to be alarmed if the “periods” appear, but she should tell her mother or nurse. Give her the necessary things to use, and explain how to use them, and tell her that it happens to every girl, but should not be talked about, especially to young girls. Just make some excuse if she doesn't feel able to go for a long walk, or tennis, or anything. Be very careful to give the necessary cautions for those times. No hot or cold bath for the three days, no long walks—a mile or two is quite enough—no walking in wet grass, or getting the feet wet at all, until it has quite stopped. No violent exercise or lifting heavy weights. If she has great pain, let her get into bed with a hot-water bottle until the pain is over.

**Periods too
profuse.**

If the “periods” come once a fortnight instead of once a month, and are too much, the girl's

mother should consult a doctor about her, and also if they stop or get far too scanty. If they are too scanty, a bottle of Blaud's pills, glycerine-coated, will often put her right. Iron tonics should not be taken during the "periods," but tonics are needed if there is general debility. I don't think myself that girls require more than the ordinary directions for keeping in good health. Things that need to be known by married women can be told when they are getting married, but explain to each girl that if she catches chills and overdoes herself at certain times, it will affect her health, perhaps permanently.

Periods too scanty.

Boys growing up.—When boys are being sent away from home to school, their fathers should always have a private talk with them, explaining what is necessary for them to know and what they ought to avoid. The mother will probably have to remind the father to do this. If the father is dead, get a good doctor or clergyman to have a private talk with each of your boys. It is a cruel thing to send a boy unwarned amongst a lot of older boys; it may lead to no harm, but, on the other hand, I have known an orphan boy sent to school, who came back to his mother ill and nearly out of his mind, having been bullied by a big boy and not daring to seek protection.

Boys growing up.

Pimples on the face.—Growing girls and boys sometimes get pimples on the face, or blackheads. They should be careful to eat plain, wholesome food, not too much meat or too many sweets and biscuits. Bathe the face, night and morning, with hot water in which a table-spoonful of salt has

Pimples on face.

been dissolved, and rub it dry with a hard towel; take regular exercise, and avoid getting constipated. Pimples with yellow heads should be pricked, to let the matter out; prick with a steel needle, and sterilise the point of the needle in a flame before and after using it. The blackheads can be removed by pressing round the black with a watch-key.

Gum-boil. *Gum-boil or abscess on the gum.*—This is caused by a decayed tooth or stump. It aches severely and then swells; then it breaks and gets better, but often recurs again if there is a cold wind or draught. Paint the gum with tincture of iodine at first—that often cures it—or, if the pain is severe, soak a finger of white bread in boiling milk and put it between the gum and the cheek as hot as can be borne. Have the tooth stopped, or taken out by a dentist if it is beyond being stopped, as it might make the jaw decay.

Corns. *Corns.*—Tight or ill-fitting boots cause corns. Put a circular wool plaster round the corn, and bind it on with a narrow plaster 6 in. long. Hard corns on the soles of the feet can be filed off.

Warts. *Warts.*—These often come on the hands of growing children, and a wart rubbed against another child's hand will give him warts, especially where there is a scratch; so if a nurse has warts, they should be cured as soon as possible. The quickest cure for warts is painting them with acetic acid. Apply it to the top of the wart with a bit of wood, such as a large safety match; take care not to put it on the skin round the wart, as it burns like caustic.

Tender feet. *Tender feet and smelling feet.*—Bathe the feet

each night with salt and water, either Tidman's salt or table salt, and after well drying them, dust them with boracic powder, especially between the toes. Change the socks or stockings three times a week or else daily.

Convalescence.—When young people are recovering from illness, they ought not to be expected to be well and cheerful at once; there is really nothing so depressing as the feeling of weakness when out of bed for the first time after an illness. It is a good plan to have something they like ready for them to drink as soon as settled out of bed—a cup of tea, or milk, or broth—and then do not let them be up for long the first day or two; they will be thankful to get to bed again after about half an hour. If they are cross and irritable, just think of something to amuse them; don't let them feel that they are troublesome and ungrateful, but do your best to cheer them and make them forget themselves, and don't let them have more than one person at a time to see them the first day of getting up.

In-growing toe-nails.—Sometimes the nail of the big toe begins to get imbedded in the flesh on the inner side. Take a little piece, about $\frac{1}{4}$ in. square, of adhesive plaster, pass it carefully under the corner of the nail, so that it is kept from pressing into the toe, and bring the points of the plaster on to the upper side of the nail; leave it sticking on some days and then renew it, and next time the nail wants cutting cut it straight across, not rounded, and snip a tiny **v** in the middle of the nail at the top. Take care to get good-fitting boots, not

Convalescence.

In-growing toe-nails.

pointed at the toes. Every boy and girl should be thoroughly taught to take proper care of their finger-nails and toe-nails, to keep them properly trimmed and clean. Nothing looks worse than long and dirty nails or bitten finger-nails.

Stiff neck. *Stiff neck.*—Sometimes a child complains of being unable to turn his head without pain; the pain and stiffness is on one side of the neck, and is generally owing to a chill. Rub very gently with camphorated oil, but young people may find Elli-man's embrocation or belladonna lotion give more relief; put some hot flannel round and round the neck, or bandage some cotton-wool round the neck, placing the wool, of course, on the stiff part. If the neck is still very painful, try hot fomentations. If a child wakes unable to move his head without real agony, send at once for a doctor, and do not disturb the child.

Hysterics. *Hysterics.*—If a girl has a fit of hysterics, either fainting without cause, or laughing and crying, and kicking, and flapping her hands, speak severely to her to make her cease, and throw cold water in her face to revive her; let her lie and rest alone on a bed or on the floor, and get up when she has had enough of it; don't let people crowd round her or inquire how she feels—it will only make her worse—and don't on any account give stimulants.

Weight. *Weight.*—Always weigh invalids at short intervals, as increase in weight shows they are improving; decrease shows the reverse.

This book has been written entirely for mothers, and will, I hope, be of some use to nurses as well.

The unselfishness of mothers is much talked of, and real unselfishness is very necessary in bringing up children, but it should not consist in giving in to their wills against the better judgment of the parents, or in giving up all rest and comfort for the sake of the children's pleasure, as it is really unkind to bring up children to consider themselves alone. Each boy and girl should be taught early to try and help the mother, and to notice if she is tired; the help at first is usually hindrance, but that does not matter if the child has done his best, and he can be early taught to be quiet when his mother needs rest. The right training and bringing up of a family is a constant strain on mind and body, but the reward comes when they are grown up, and children bring love and happiness in a home.

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